Suicide Resource Office, The Old Maltings, Coote Street, Portlaoise, Co. Laois
Tel: 057-8664513 Fax: 057-8664567
email: ritam.kelly@mailq.hse.ie
ACKNOWLEDGEMENTS

The Health Service Executive Dublin–Mid Leinster would like to thank all the voluntary and statutory organisations who supplied information for this directory.

Caroline Oxley, Assistant Staff Officer, Suicide Resource Office was responsible for the collection and compilation of the directory.

The author is especially grateful to Rita Kelly, Suicide Resource Officer and the members of the HSE Dublin–Mid Leinster Steering Group on Suicide for providing essential advice and guidance during the compilation of this directory.

COLLECTION OF INFORMATION

The particulars contained in this directory relating to the Contact Names, Addresses, Telephone Numbers, E-mail Addresses and Websites are the latest available at the time of going to print.

If a service or organisation is left out or incorrectly described, we will endeavour to rectify this in any subsequent editions. Please supply all relevant information to the Suicide Resource Office, The Old Maltings, Coote St., Portlaoise, Co Laois, Tel: 057-8664513.

DISCLAIMER

Whilst every effort has been made to ensure the information contained in this directory is accurate, the HSE Dublin – Mid Leinster cannot accept responsibility for either the information or services provided by individuals and organisations not directly managed by or under contract with the HSE.
FOREWORD

The Report of the National Task Force on Suicide, published in 1998 identified Health Boards as one of the agencies who had responsibility for addressing the issue of suicide in Ireland. In response to this Document the former Midland Health Board established a working group to implement the recommendations of the Task Force Report. The Health Services Executive employs a Resource Officer to work with this group and many initiatives and services have been developed to address the issue of suicide in terms of prevention, intervention and postvention.

In 2000 the Midland Health Board published a Directory of Personal and Community Supports available in the Midlands in response to a specific recommendation of the Task Force Report. This directory contained contact details for a number of statutory and voluntary services available at local, regional and national level. The forthcoming “National Strategy for Action on Suicide Prevention” due for publication later in this year, also acknowledges the need for both local and national directories which list all relevant local and national organisations, statutory, voluntary and community groups which have a focus on Mental Health Promotion and Suicide Prevention.

Directories go out of date quickly as contact details change and new services and organisations emerge. For this reason the Health Service Executive Dublin – Mid Leinster are now updating all information contained in the original directory.

This 4th edition of the directory will facilitate the sharing of information on access to services and supports in each local community to those who maybe in crisis or potentially at risk of suicide.

I welcome the publication of this 4th edition of the Health Service Executive Midland Area Directory for Personal and Community Support and thank all those involved in its preparation.

Signed: Liam O Callaghan

Liam O Callaghan,
Local Health Office Manager,
Primary Community and Continuing Care,
Health Service Executive Dublin – Mid Leinster
D’aithin an Tascfhórsa Náisiúnta sa Tuarascáil ar Fhéinmharú in Éirinn 1998 go raibh freagracht ag Boird Sláinte tabhaitt faoi cheist an fhéinmharú. Chun cloí leis an mholadh seo bhunaisy an Bhord Sláinte Lár Tíre mar a bhí ag an am, grúpa oibre chun moltaí Thuarascáil an Tascfhórsa Náisiúnta a bhaíneann leis an cheantar Lár Tíre a chur i gnímh. Tá Oifigeach Acmhainne fostaithe i gcomhar leis an ghrúpa seo agus ghlacadar páirt i n-eart tionscnaimh a thugann faoi cheist an fhéinmharú idir sheachaint, idirghabháil agus cúram gaolta i ndiadh féinmharú.

I 2000 d’fhoilsigh an Bhord Sláinte Lár Tíre Eolaire Tacaíocht Pearsanta agus Pobail a bhí ar fáil sa cheantar Lár Tíre de bharr moltaí thuarascáil an Tascfhórsa Náisiúnta. Bhí sonraí teagmhála d’oiread ar leith de sheirbhísí dheonacha agus reachtúla ar fáil ar bhonn náisiúnta, réigiúnach agus áitiúil ann. Aithníonn an “Straitéis Náisiúnta chun Gníomhaíocht le Bac a chur ar Féinmharú” atá le foilsíu amach anseo, go bhfuil gá le Eolairí faoi Sheirbhísí Áitiúla agus Náisiúnta a thabharfadh sonraí na grúpaí reachtúla, deonacha agus pobail atá ag díriú ar Cothú Sláinte Mheabhrach agus Bac ar Féinmharú don phobal.

Imíonn Eolairí as dáta go tapaidh mar go n-athraíonn na sonraí teagmhála agus go mbunáitear seirbhísí agus eagraíochtaí nua. Dá bhrach sin tá an FSS – Baile Átha Cliath & Lár Laighin ag déanamh athnuachan ar na sonraí san Eolaire príomha.

Cuireann an 4ú eagrán seo den Eolaire ar ár gcumas eolas a roinnt leo siúd atá i ngábh agus i gcontúirt féinmharú faoi chonas teacht ar sheirbhísí agus tacaíocht i ngach pobal áitiúil.

Cuirim fáilte roimh fhoilsíú an 4ú eagrán seo den Eolaire do Thacaíocht Pearsanta agus Pobail d’Fheidhmeannas Seirbhísí Sláinte - Limistéar Lár Tíre agus gabhaim buíochas leo siúd ar fad a ghlac páirt san ullmhúchán.

Sínithe: Liam Ó Ceallacháin

Liam Ó Ceallacháin,
Bainisteoir Oifig Sláinte Áitiúil
Feidhmeannacht na Seirbhíse Sláinte,
FSS – Baile Átha Cliath & Lár Laighin
INTRODUCTION

In order to facilitate the sharing of information and increase access to available sources of support the National Task Force Report on Suicide 1998 in Ireland recommended that each Health Board establish a Directory of names, telephone numbers and details of both statutory and voluntary organisations who contribute caring services to those in distress or at risk of suicide.

The approach taken with this Directory reflects this objective and is set out accordingly.

The overall aim of this Directory is to increase awareness of existing services and supports and therefore encourage greater usage of them. This Directory attempts to meet this aim by:

1. Providing accurate, up-to-date information on a range of services and supports provided by the Health Service Executive Dublin – Mid Leinster
2. Providing contact details of Voluntary organisations on a county basis
3. Providing contact details for National Organisations
4. Providing a list of Helplines for people who may be in crisis or distress
5. Providing a list of reputable websites on a variety of organisations offering information guidance and support.

Compiling the directory involved establishing a small project team to advise on its preparation. There was wide consultation with a variety of statutory and voluntary organisations. Questionnaires were sent out and returned. Drafts of the information contained in the Directory were circulated for comment and feedback. Caroline Oxley Administration support in the Suicide Resource Office took responsibility for liaising with the various services and organisations and inputting the information.

This is the 4th edition of the Health Service Executive Dublin – Mid Leinster Area Directory for Personal and Community Support. The information contained in this Directory will benefit professionals, individuals, families, and organisations enabling them to take full advantage of the services and supports on offer in the Midlands.
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USING THE DIRECTORY

The directory is divided on a county by county basis under five major headings. Some headings are further divided into other subgroups.

Primary Care Services

This contains a list of all the General Practitioners in each county and their contact telephone numbers. The majority of these General Practitioners operate under the General Medical Services Scheme.

Acute Hospital Services

This contains a list of the General Hospitals, Psychiatric Hospitals, Accident and Emergency Departments, and the contact telephone numbers.

Mental Health Services

Listed in this section are the Community Mental Health Centres, Child and Adolescent Psychiatric Services, Psychiatry for Later Life, Addiction Services and other Mental Health Services in each county.

Other Health and Statutory Services

This contains a list of all the Health Centres in the county, Community Medical Services, Community Psychology Services, Community Welfare Services, Social Work Services and other useful contact details on Statutory Services.

Voluntary Organisations

This section contains a list of local Voluntary Organisations and contact details. Regional Groups are included in the county in which they are based. A Listing of National Voluntary Organisations are included at the end of the directory.
Personal and Community Support Directory

LONGFORD

In an Emergency Phone-999 or 112
MIDOC - Urgent Family Doctor Out-of-Hours-Service Call- LoCall 1850-302-702
Hours of Operation: Mon-Fri 6.00pm-8.00am.
Weekends/Public Holidays 8.00am-8.00am

Primary Care Services

List of General Practitioners in Co. Longford

<table>
<thead>
<tr>
<th>NAME</th>
<th>ADDRESS</th>
<th>PHONE NO.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. S. S. Ali</td>
<td>Longford Medical Centre, Dublin Rd</td>
<td>043-31973</td>
</tr>
<tr>
<td>Dr. D. Brennan</td>
<td>St. Joseph’s Hospital</td>
<td>043-46211</td>
</tr>
<tr>
<td>Dr. P. Breslin</td>
<td>2, Dublin St., Longford</td>
<td>043-41879</td>
</tr>
<tr>
<td>Dr. S. Breslin</td>
<td>2, Dublin St., Longford</td>
<td>043-41879</td>
</tr>
<tr>
<td>Dr. M. Cahill</td>
<td>Earl St., Longford</td>
<td>043-45223</td>
</tr>
<tr>
<td>Dr. N. Donohoe</td>
<td>Granard, Longford</td>
<td>043-86584</td>
</tr>
<tr>
<td>Dr. C. Farrell</td>
<td>Health Centre, Lanesboro</td>
<td>043-21832</td>
</tr>
<tr>
<td>Dr. K. Flanagan</td>
<td>College Medical Centre, 1 Ballinalee Rd.</td>
<td>043-48884</td>
</tr>
<tr>
<td>Dr. M. Gorman</td>
<td>College Medical Centre, 1, Ballinalee Rd.</td>
<td>043-45182</td>
</tr>
<tr>
<td>Dr. P. McGarry</td>
<td>College Medical Centre, 1, Ballinalee Rd.</td>
<td>043-41207</td>
</tr>
<tr>
<td>Dr. D. McGivney</td>
<td>Ballymahon, Longford</td>
<td>044-9357530</td>
</tr>
<tr>
<td>Dr. S. Moran</td>
<td>Aughnacleiffe, Longford</td>
<td>043-84027</td>
</tr>
<tr>
<td>Dr. B. Sharkey</td>
<td>Edgeworthstown, Longford</td>
<td>043-71157</td>
</tr>
<tr>
<td>Dr. P. Trueick</td>
<td>Shopping Centre, Longford</td>
<td>043-45055</td>
</tr>
<tr>
<td>Dr. N. Walsh</td>
<td>Lanesboro, Longford</td>
<td>043-41394</td>
</tr>
</tbody>
</table>

Acute Hospital Services

Midland Regional Hospital at Mullingar
Contact: Director of Nursing
Tel: 044-9340221

St. Joseph’s Care Centre Longford
Contact: Director of Nursing
Tel: 043-46211

St. Lomans Psychiatric Hospital – Mullingar
Contact: Clinical Director
Tel: 044-9340191
Mental Health Services

Mental Health Services are delivered by a Multi-Disciplinary Team. This is where a number of professionals offer their particular skills in a co-ordinated and complementary way. The Multi-Disciplinary team is led by a Consultant Psychiatrist through hospital or community facilities. The term Multi-Disciplinary means that there are a number of professionals on the team to deliver Mental Health Services such as: Psychiatrists, Clinical Psychologists, Occupational Therapists, Addiction Counsellors, Nursing Staff and Social Workers. Under this arrangement, each team is responsible for the Mental Health Services of its sector and runs all out-patient clinics, day hospital, day care and residential facilities. Access to Mental Health Services is normally provided by referral from the individual’s G.P. Referrals from other health professionals are also accepted.

**Longford Mental Health Services**

Community Mental Health Centre,
Dublin Rd.,
Longford
Tel: 043-46992/46903
Contact: Consultant Psychiatrist

**Adult Mental Health Services have out-patient clinics at the following locations:**

**Longford**
Location: Community Mental Health Centre, Dublin Rd., Longford
Tel No.: 043-46992
Day & Time: Monday from 1.30pm and Thursday from 1.30pm
Contact: Consultant Psychiatrist

**Granard**
Location: Out Patient Clinic
Day & Time: Every 2nd Thursday from 10.30am
Contact: Consultant Psychiatrist

**Ballymahon**
Location: Out Patient Clinic
Day & Time: Every 2nd Tuesday from 2pm
Contact: Consultant Psychiatrist
Child & Adolescent Psychiatry Services
Midland Regional Hospital at Mullingar
Tel: 044-9340221
Contact: Consultant Child & Adolescent Psychiatrist

Psychiatry for Later Life
St. Loman’s Hospital,
Mullingar
Tel: 044-9340191
Contact: Consultant Psychiatrist

Adult Clinical Psychology Services
Community Mental Health Centre,
Dublin Rd.,
Longford
Tel: 043-46992
Contact: Senior Clinical Psychologist

Occupational Therapy Service
Community Mental Health Centre,
Dublin Rd.,
Longford
Tel: 043-46992 Fax: 043-47173
Contact: Senior Occupational Therapist

Social Work Services
Community Mental Health Centre,
Dublin Rd.,
Longford
Tel: 043-46992
Contact: Principal Social Worker
Adult Counselling Service
Adult Counselling Service
The Arches
21 Church St.
Tullamore
Tel: 057-9327141 Fax: 057-9327140
Helpline: 1800 234 113
This service caters for people who have experienced childhood sexual, physical abuse in an institution, education or family setting. Appointments are arranged with trained counsellors.

Community Alcohol & Drugs Service
Community Resource Centre,
Bishopgate St.,
Mullingar,
Co Westmeath
Tel: 044-9341630
Services Offered: Assessment, counselling and educational information for people with Alcohol and Drug problems and their families.

Other Health & Statutory Services

Public Health Nursing Service
Health Centre,
Dublin Rd.,
Longford
Tel: 043-46221
Contact: Director of Public Health Nursing Longford/Westmeath

<table>
<thead>
<tr>
<th>Health Centres</th>
<th>– Longford</th>
<th>Health Centres</th>
<th>– Longford</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aughnacliffe</td>
<td>– 043-84158</td>
<td>Drumlish</td>
<td>– 043-24440</td>
</tr>
<tr>
<td>Ballinalee</td>
<td>– 043-23212</td>
<td>Edgeworthstown</td>
<td>– 043-71157</td>
</tr>
<tr>
<td>Ballymahon</td>
<td>– 090-64 32316</td>
<td>Granard</td>
<td>– 043-86068</td>
</tr>
<tr>
<td>Colehill</td>
<td>– 044-9357530</td>
<td>Killashee</td>
<td>– 043-41341</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Longford</td>
<td>– 043-46211</td>
</tr>
</tbody>
</table>
Community Psychology Services
Health Centre,
Dublin Rd.,
Longford
Tel: 043-50170
Contact: Principal Clinical Psychologist / Senior Clinical Psychologist

Community Welfare Services
Health Centre,
Dublin Rd.,
Longford
Tel: 043-50150
Contact: Superintendent Community Welfare Officer

Services Offered: If you or someone close to you is affected by illness, unemployment, retirement, old age or other circumstances which puts you in need of financial assistance, the Community Welfare Officer based in your local Health Centre will explain what entitlements are available to you and how to claim them.

Palliative Care Service
C/O County Clinic,
Longford
Tel: 043-45851

Social Work Service – Community Care
Tivoli House,
Dublin Rd.,
Longford
Tel: 043-50584
Contact: Social Worker Team Leader
Family Welfare Conference Service
(Serving Longford & Westmeath)
Top Floor
Primary Care Unit
Springfield
Mullingar
Co. Westmeath
Tel: 044 9384374
Contact: Mo Smith - Team Leader. Annie Blessington - Co-ordinator

Services Offered: The Service offers families the chance to take an active part in the making of unanimously agreed Family Plans in the best interests of their children at a Family Welfare Conference. These Conferences include birth and extended family members, key agency members and any significant others identified by the family themselves.

Health Promotion Services
Regional Office:
Health Promotion Dept,
Unit 4,
Central Business Park,
Clonminch,
Tullamore,
Co Offaly
Tel: 057-9357800 Fax: 057-9357823

The overall aim of the Health Promotion Service is to enable individuals and communities to take control of their health by making healthier choices, easier choices. Such choices could include a healthy diet, regular exercise and avoidance of smoking. Healthier choices are easier to make when they are supported by healthy public policies and healthy environments.

Services Offered:
1. Substance Misuse Education
1. Schools Officer
1. Travellers Health
1. Women’s Health
1. Consumer Health Information
1. Services for Older Persons
1. Cardiovascular Health
1. Sexual Health
Midlands Crisis Pregnancy Counselling Service
HSE Dublin – Mid Leinster, Regional Child & Family Centre, Central Office, Arden Rd., Tullamore
FREEPHONE 1800 200 857
E-mail: crisispregnancy.counselling@mailq.hse.ie
Web: www.crisispregnancy.ie

This local, free, confidential counselling service is for anyone for whom being pregnant is a crisis. Crisis pregnancy is defined as “a pregnancy, which is neither planned nor desired by the woman concerned, and which represents a personal crisis for her”. Crisis pregnancy can include those for whom a planned or desired pregnancy develops into a crisis over time due to a change in circumstances.

Sexually Transmitted Infection Clinics
St. James’s Hospital, G.U.I.D.E. Clinic, Hospital 5, James’s St., Dublin 8 Tel: 01-4162315

Mater Misericordiae Hospital, Infectious Disease Clinic, Outpatients Dept., North Circular Rd., Dublin 7 Tel: 01-8032063

Portiuncula Hospital, Ballinasloe, Co Galway Tel: 090-9648341
Substance Misuse Education & Prevention Services
Health Promotion Service,
6 Church St.,
Longford
Tel: 043-42031

Homelessness Liaison Nurse
Community Liaison Nurse for Homelessness (Longford/Westmeath)
Unit 17, Level 1 Business Suite
Tesco Shopping Centre
Co. Longford
Tel No: 043-36587    Fax No: 043-36571
Mobile: 086-3803395
Services Offered: To liaise or create a point of contact for persons identified as homeless or at risk of becoming homeless. Contact and visit homeless hostels and meet all clients when appropriate. Assess clients and develop a care plan. Refer clients to appropriate emergency or other accommodation where applicable and to appropriate agencies to deal with aspects of care e.g. social work, counselling, etc.

Juvenile Liaison Service
C/O Garda Station,
Battery Rd.,
Longford
Tel: 043-46741
Contact: JLO - Juvenile Liaison Officer
Aimed at young people under the age of 18 years. The purpose of the office is to prevent youth entering into the criminal justice system.

Legal Aid Board
Law Centre,
Credit Union Courtyard,
50a Main St.,
Longford
Tel: 043-47590
Web: www.legalaidboard.ie
Longford Community Resources Ltd. (L.C.R.L.)
6 Earl St.,
Longford
Tel: 043-45555 Fax: 043-48675
E-mail: enquiries@lcrl.ie
Services Offered: enterprise development, grant aid, advice on carers, support to unemployed, education initiatives, traveller development, community development

Money Advice & Budgeting Service – Longford (MABS)
1 Church St.,
Longford
Tel: 043-47705 Fax: 043-48837
E-mail: longford@mabs.ie Web: www.mabs.ie
Contact: Money Advisor
Services Offered: To help clients manage their over-indebtedness, to help families to budget their money so they do not get into debt and can enjoy a better quality of life

Garda National Drugs Unit
Dublin Tel: 01-6669900
The Gardai are actively involved in giving advice and assistance in relation to substance abuse to parents and community groups
Voluntary Organisations

**Mental Health Ireland Regional Office**
12 Henry St, 
Tullamore, 
Co Offaly 
Contact: Ms. Finola Colgan – Regional Development Officer 
Tel: 086-8353387 
E-mail: finolacolgan@eircom.net  Web: www.mentalhealthireland.ie

For further information and a list of support groups in your area please contact the above.

**GROW**
Regional Office 
O’Connor Square, 
Tullamore, 
Co Offaly 
Info Line: 1890 474 474 
E-mail: midlandregion@grow.ie  Web: www.grow.ie

Self help group for sufferers of mental illness, anxiety, depression and phobias. For further information and a list of support groups in your area please contact the above.

**Longford Community Mothers**
Harmony House 
Community Centre 
Longford 
Contact Name: Elaine Keogh 
Tel: 043 48754 
Email: communitymothers@eircom.net

**Service Offered:** Home visits by experienced mothers to support parents with children aged 0-5 years. Community Mothers have an excellent knowledge of activities and services in your area and will often link parents with other support if required.
Aware
Regional Office
Contact: Karl O’Reilly – Regional Development Officer
Tel: 059-8625898 Fax: 059-8625898
Helpline: 1890 303 302
E-mail: awaremidlandoffice@eircom.net Web: www.aware.ie

For further information and a list of support groups in your area please contact the above.

Samaritans
3 Court Devenish,
Athlone
Tel: 090-6473133
E-mail: jo@samaritans.org Web: www.samaritans.org Text: 087 2609090
Contact: Director
Services offered: Emotional Support 24 hours a day 7 days a week to anyone going through a crisis or at risk of suicide
“Don’t Get Down Get Help” Helpline 1850 60 90 90

Schizophrenia Ireland
55 Dublin St.,
Longford
Tel: 043-42366 Fax: 043-42367
Info Line: 1890 621 631 - 9am – 4pm Monday – Friday, Providing information support and a listening ear to all callers. Calls charged at local rate.
E-mail: mkennedy@sirl.ie Web: www.sirl.ie
Contact: Mary Kennedy – Regional Officer
Services Offered: Information Service, Helpline, Relatives Groups, Family Support Initiatives, Counselling and Employment Services, Lucia National Awareness Week, Seminars and Information Evenings and Biennial Conference.

Phrenz Group in the Midlands
Contact: Mary Kennedy,
55 Dublin St.,
Longford
Tel: 043-42366 Fax: 043-47173
Services Offered: Phrenz is a mutual support group which aims to empower people with self experience of Schizophrenia and related illnesses. Activities include weekly/monthly meetings, outings, talks and linking in with other activities of Schizophrenia Ireland. It offers peer support and social activities.
Lucia Counselling Service
This is a professional, confidential service, serving the Midlands. For people with self experience of Mental Illness and their caring relatives.

Telephone: 087-6500928 for an appointment.

Accord
“Tellach Iosa”,
St. Mels’s Rd.,
Longford
Tel: 043-47222
Web: www.accord.ie
Services Offered: Marriage and relationship counselling, marriage preparation courses.

Rath Mhuire Resource Centre
Barrack St.,
Granard,
Co Longford
Tel: 043-86309 Fax: 043-86309
E-mail: rathamhuirerc@eircom.net
Contact: Community Worker
Services Offered: Support & promote community work and development, link up voluntary and statutory agencies, bring people together for recreation, information & education

Acorn Community Development Project
10 Richmond Street
Longford
Co. Longford
Tel: 043-48373
E-mail: cdpacorn@eircom.net
Service Offered: The aim of the Project is to involve men in the issues that affect them. There are opportunities to get involved in group work, counselling and pre-employment courses.
Recovery Incorporated
St. Mels Family Centre,
St. Mels Rd.,
Longford
Tel: 049-4339157
E-mail: recovirl@indigo.ie
**Services Offered:** Weekly group meetings for people suffering depression, anxiety, fears, panic attacks, phobias, fatigue. A self help organisation offers a method of Will Training.

National Headquarters
Recovery Inc.,
P.O. Box 2210,
Dublin 13
Tel: 01-6260775 Fax: 01-6206401

Alcoholics Anonymous
The General Service Board of Alcoholics Anonymous of Ireland,
109 South Circular Rd.,
Leonard’s Corner,
Dublin 8
Tel: 01-4538998 Fax: 01-4537673
E-mail: gla@indigo.ie Web: www.alcoholicsanonymous.ie
Please contact the above office for information on Alcoholics Anonymous or for a list of meeting times and places in your area.

Alateen
Supports young people who have experienced the effects of alcoholism in their lives through the excessive drinking of parents or significant others.
For further information contact: 01-8732699

Gam-Anon
Carmichael House,
North Brunswick St.,
Dublin 7
Tel: 01-8721133
E-mail: info@gamblersanonymous.ie
Gam-Anon is an organisation for families of compulsive gamblers to help them deal with their problems.
Narcotics Anonymous
24 Hour helpline: 01-8300944

Citizens Information Service
Level One,
Longford Shopping Centre,
Longford
Tel: 043-41069 Fax: 043-50918
E-mail: longford.cic@comhairle.ie Web: www.longfordcic.ie
Contact: Manager
Opening Hours:
Mon – Thurs 9.00am-5.30pm
Friday 9.00am-5.00pm
Services Provided at Longford CIC
Consumer Affairs - By Appointment Only
F.L.A.C. - 2nd Thurs of Month By Appointment Only
Victim Support - By Appointment Only

M.R.C.S. Marriage & Relationship Counselling Service
Willow House,
Ardnacassa Ave.,
Longford
Tel: 043-41087 M.R.C.S. Private Line Fax: 043-41241 Women’s Centre
Contact: Co-ordinator

St. Vincent De Paul
Ozanam House,
Chapel St.,
Longford
Tel: 043-46074
Bereavement Groups

**Rainbows (For All God’s Children)**
The Family Centre,  
St. Mels Rd.,  
Longford  
Tel: 043-46827  
Contact: Sr. Angela Clarkson  
Web: [www.rainbowsireland.com](http://www.rainbowsireland.com)  
**Services Offered:** Support teenagers and children who have suffered loss through death and separation. Rainbows is a peer support group guided by facilitators who have been trained by Rainbows.

**Bereavement Group**
The Family Centre,  
St Mels Rd.,  
Longford  
Tel: 043-46827  
Contact: Sr. Angela Clarkson  
The main aim is to provide support and counselling to those who are bereaved.

**Midland Suicide Bereavement Support Service**
The Suicide Resource Office,  
The Old Maltings,  
Coote St.,  
Portlaoise,  
Co Laois  
Tel: 086-8157320  
Hours: Mon – Fri 9.30am – 5.30pm  
Contact: Co-ordinator
**Women’s Groups**

**Longford Women’s Network Centre**
Willow House,
Ardnacass Ave.,
Longford
Tel: 043-41511 Fax: 043-41241
E-mail: lwc@iolfree.ie
Contact: Tess Murphy

**Services Offered:** Domestic violence support service to women and children victims of domestic violence. Comprehensive counselling service to all women and their families, childcare facilities, Education & Training Courses and support for women’s groups.

**Youth Groups**

**Foróige**
Regional Office
Unit 5,
Tuar Ard.,
Church St.,
Moate,
Co Westmeath
Tel: 090-6448947
E-mail: foroigeoffaly@eircom.net Web: www.forogie.ie
Contact: Regional Youth Officer

Foróige clubs in Longford are located in: Ardagh, Newtowncashel, Hell Raisers Drumlish, Mostrim Dromard, Legan, Ballymahon, Killoe, Lanesboro.

**Longford Youth Services**
6 Earl St.,
Longford
Tel: 043-45555 Fax: 043-48675
E-mail: enquiries@lcrl.ie

**Services Offered:** Youth activities and programmes delivered to young people all over county Longford.
**LEAP Project**
Earl St.,
Longford
Tel: 043-42515 Fax: 043-42515
E-mail: longfordleap@hotmail.com Web: www.foroige.ie
Contact: Project Co-ordinator
LEAP (Longford Enabling Action Project) is a community based and supported youth development project providing a range of educational and recreational activities for young people between the ages of 12 & 17 years

**Groups for Older People**

**County Longford Social Services Council**
Flat 6,
St. Joseph’s Care Centre
Dublin Rd.,
Longford
Tel: 043-50138 Fax: 043-46178
E-mail: longsocserv1@eircom.net
Contact: Co-ordinator
**Services Offered:** Promotes better living standards for elderly people with disabilities and others in need. Services include meals on wheels and provision of transport for people to hospitals/clinics

**Club 89**
Teallach Iosa
St. Mels Rd.,
Longford
Tel: 043-41123
Contact: Co-ordinator
Provides a setting where senior citizens can meet, socialise and keep in touch open to all persons over 55 years.
WESTMEATH

In an Emergency Phone-999 or 112
MIDOC - Urgent Family Doctor Out-of-Hours-Service (East Westmeath and Athlone areas only)
Call- LoCall 1850-302-702
Hours of Operation: Mon-Fri 6.00pm-8.00am. Weekends/Public Holidays 8.00am-8.00am

Primary Care Services

List of General Practitioners in Co. Westmeath

<table>
<thead>
<tr>
<th>NAME</th>
<th>ADDRESS</th>
<th>PHONE NO.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. J. Bannon</td>
<td>Health Centre, Castletowngeoghegan</td>
<td>044-9226078</td>
</tr>
<tr>
<td>Dr. D. Brennan</td>
<td>Health Centre, Kinnegad</td>
<td>044-9375289</td>
</tr>
<tr>
<td>Dr. A. Butler</td>
<td>College St., Mullingar</td>
<td>044-9341987</td>
</tr>
<tr>
<td>Dr. R. Campbell</td>
<td>Medical Centre, Kilbeggan</td>
<td>057-9332444</td>
</tr>
<tr>
<td>Dr. A. Culhane</td>
<td>7, Auburn Terrace, Mullingar</td>
<td>044-9347435</td>
</tr>
<tr>
<td>Dr. G. Clyne</td>
<td>Tyrrelspass</td>
<td>044-9223812</td>
</tr>
<tr>
<td>Dr. N. Cogan</td>
<td>Castlepollard</td>
<td>044-9661235</td>
</tr>
<tr>
<td>Dr. G. S. Cuffe</td>
<td>Health Centre, Athlone</td>
<td>090-6475301</td>
</tr>
<tr>
<td>Dr. P. Cullen</td>
<td>Coole</td>
<td>044-9661104</td>
</tr>
<tr>
<td>Dr. M. Curran</td>
<td>Medi-Centre, Moate</td>
<td>090-6481130</td>
</tr>
<tr>
<td>Dr. L. D’Alton</td>
<td>College St., Mullingar</td>
<td>044-9341987</td>
</tr>
<tr>
<td>Dr. M. Fagan</td>
<td>Church Avenue, Mullingar</td>
<td>044-9342480</td>
</tr>
<tr>
<td>Dr. O. Fagan</td>
<td>Church Avenue, Mullingar</td>
<td>044-9342430</td>
</tr>
<tr>
<td>Dr. W. Fox</td>
<td>Milltownpass</td>
<td>044-9222116</td>
</tr>
<tr>
<td>Dr. K. Gaine</td>
<td>Mary St., Mullingar</td>
<td>044-9340408</td>
</tr>
<tr>
<td>Dr. G. Kearon</td>
<td>Garden Vale, Athlone</td>
<td>090-6472337</td>
</tr>
<tr>
<td>Dr. P. Kelly</td>
<td>Ballymore</td>
<td>044-9356230</td>
</tr>
<tr>
<td>Dr. E. King</td>
<td>Mary St., Mullingar</td>
<td>044-9344722</td>
</tr>
<tr>
<td>Dr. R. Kirby O’Hanlon</td>
<td>The Batteries, Athlone</td>
<td>090-6494110</td>
</tr>
<tr>
<td>Dr. F. Lee</td>
<td>Medi-Centre, Moate</td>
<td>090-6481130</td>
</tr>
<tr>
<td>Dr. T. Lowry</td>
<td>1, Newtown Terrace, Athlone</td>
<td>090-6472075</td>
</tr>
<tr>
<td>Dr. L. Lowry</td>
<td>1, Newtown Terrace, Athlone</td>
<td>090-6472075</td>
</tr>
<tr>
<td>Dr. G. Lynch</td>
<td>Medi-Centre, Moate</td>
<td>090-6481130</td>
</tr>
<tr>
<td>Dr. B. Mahon</td>
<td>Health Centre, Delvin</td>
<td>044-9664405</td>
</tr>
</tbody>
</table>
Dr. M. McCormick  Garden Vale, Athlone  090-6472337  
Dr. A. McGarry  Auburn Village, Mullingar  044-9340792  
Dr. M. McGrath  Garden Vale Court, Athlone  090-6472172  
Dr. F. McKenna  Austin Friars St., Mullingar  044-9348146  
Dr. T. Meagher  Little Court, Ballymahon Rd., Athlone  090-6472715  
Dr. T. Moore  Health Centre, Killucan  044-9374120  
Dr. M. O’Driscoll  Medical Centre, Kilbeggan  057-9332444  
Dr. J. O’Flynn  Medical Centre, Kilbeggan  057-9332444  
Dr. P. O’Kelly  Ballynacargy  044-9373104  
Dr. R. O’Leary  Bonavalley Medical Centre, Athlone  090-6474428  
Dr. M. O’Mahony  Health Centre, Glasson  090-6485122  
Dr. P. O’Meara  Garden Vale Court, Athlone  090-6472172  
Dr. U. O’Neill  Retreat Rd., Athlone  090-6472543  
Dr. J. Rice  Garden Vale Court, Athlone  090-6472172  
Dr. E. Ruane  Mary St., Mullingar  044-9344722  
Dr. C. Ryan  Health Centre, Killucan  044-9374120  
Dr. B. Thornton  Parke, Kinnegad  044-9375110

Acute Hospital Services

Midland Regional Hospital at Mullingar  
Contact: Director of Nursing  
Tel: 044-9340221

District Hospital Athlone – General Practitioner Unit  
Contact: Director of Nursing  
Tel: 090 6475301

St. Loman’s Psychiatric Hospital – Mullingar  
Contact: Clinical Director  
Tel: 044-9340191
Mental Health Services

Mental Health Services are delivered by a Multi-Disciplinary Team. This is where a number of professionals offer their particular skills in a co-ordinated and complementary way. The Multi-Disciplinary team is led by a Consultant Psychiatrist through hospital or community facilities. The term Multi-Disciplinary means that there are a number of professionals on the team to deliver Mental Health Services such as: Psychiatrists, Clinical Psychologists, Occupational Therapists, Addiction Counsellors, Nursing Staff and Social Workers. Under this arrangement, each team is responsible for the Mental Health Services of its sector and runs all out-patient clinics, day hospital, day care and residential facilities.

Access to Mental Health Services is normally provided by referral from the individuals G.P. Referrals from other health professionals are also accepted.

**Athlone Mental Health Services**
Community Mental Health Centre,
Re Nua,
St. Vincent’s Hospital,
Athlone
Tel: 090 6483190
Contact: Consultant Psychiatrist

**Mullingar Mental Health Services**
Community Mental Health Centre
Green Rd.,
Mullingar
Tel: 044-9339552
Contact: Consultant Psychiatrist

**Adult Mental Health Services have out-patient clinics at the following venues:**

**Athlone**
Location: Re Nua/St. Vincent’s Hospital
Tel No.: 090-6483190 (Re Nua)
Day & Time: Every Tuesday 9.30am – 1.00pm
Every Wednesday from 9.30am – 1pm
Consultant: Consultant Psychiatrist
Mullingar
Location: Community Mental Health Centre
Tel No.: 044-9339552
Day & Time: Tuesdays & Thursdays 2pm – 4.30pm
Consultant: Consultant Psychiatrist

Child & Adolescent Psychiatry Services
Midland Regional Hospital at Mullingar
Tel: 044-9340221
Contact: Consultant Child & Adolescent Psychiatrist

Psychiatry for Later Life
St. Loman’s Hospital,
Mullingar
Tel: 044-9340191
Contact: Consultant Psychiatrist

Adult Clinical Psychology Service
Community Mental Health Centre,
Re Nua,
Athlone District Hospital,
Athlone
Tel: 090-6483190
Contact: Senior Clinical Psychologist

Community Mental Health Centre,
Green Rd.,
Mullingar
Tel: 044-9339552
Contact: Senior Clinical Psychologist

Occupational Therapy Services
Re Nua,
St. Vincent’s Hospital,
Athlone
Tel: 090-6491302
Contact: Senior Occupational Therapist
Community Mental Health Centre,
Green Rd.,
Mullingar
Tel: 044-9339552
Contact: Senior Occupational Therapist

Social Work Services – Mental Health
Re Nua,
St. Vincent’s Hospital,
Athlone
Tel: 090-6483190
Contact: Principal Social Worker

Community Mental Health Centre,
Green Rd.,
Mullingar
Tel: 044-9339552
Contact: Principal Social Worker

Adult Counselling Service
Adult Counselling Service
The Arches
21 Church St.
Tullamore
Tel: 057-9327141  Fax: 057-9327140
Helpline: 1800 234 113
This service caters for people who have experienced childhood sexual, physical abuse in an institution, education or family setting. Appointments are arranged with trained counsellors.

Community Drug & Alcohol Service
Re Nua,
St. Vincent’s Hospital,
Athlone,
Tel: 090-6474028
Community Resource Centre,
Bishopgate St.,
Mullingar,
Tel: 044-9341630

**Services Offered:** Assessment, counselling and educational information for people with Alcohol and Drug problems and their families.

### Other Health & Statutory Services

**Public Health Nursing Service**

Health Centre,
Mullingar,
Co Westmeath
Tel: 044-9340221
Contact: Director of Public Health Nursing Longford/Westmeath

<table>
<thead>
<tr>
<th>Health Centres</th>
<th>Westmeath</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athlone</td>
<td>090-6475301</td>
</tr>
<tr>
<td>Ballynacargy</td>
<td>044-9373104</td>
</tr>
<tr>
<td>Ballymore</td>
<td>044-9356274</td>
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<tr>
<td>Castlepollard</td>
<td>044-9661170</td>
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<tr>
<td>Castletowngeoghegan</td>
<td>044-9226432</td>
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<tr>
<td>Clonmellon</td>
<td>046-33288</td>
</tr>
<tr>
<td>Delvin</td>
<td>044-9664256</td>
</tr>
<tr>
<td>Glasson</td>
<td>090-6485122</td>
</tr>
<tr>
<td>Kilbeggan</td>
<td>057-9332267</td>
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<tr>
<td>Killucan</td>
<td>044-9374120</td>
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<tr>
<td>Kinnegad</td>
<td>044-9375289</td>
</tr>
<tr>
<td>Moate</td>
<td>090-6431165</td>
</tr>
<tr>
<td>Mullingar</td>
<td>044-9340221</td>
</tr>
<tr>
<td>Rochfortbridge</td>
<td>044-9222379</td>
</tr>
</tbody>
</table>
Community Psychology Services
Health Centre,
Coosan,
Athlone
Tel: 090-6491310
Contact: Principal Clinical Psychologist / Senior Clinical Psychologist
Psychology Dept.,
Harbour House,
Harbour St.,
Mullingar
Tel: 044-9339580
Contact: Principal Clinical Psychologist / Senior Clinical Psychologist

Community Welfare Services
Community Welfare Office,
Health Centre,
Coosan Rd.,
Athlone
Tel: 090-6475301
Contact: Superintendent Community Welfare Officer Longford/Westmeath

Community Welfare Office,
Health Centre,
Longford Rd.,
Mullingar
Tel: 044-9340221
Contact: Superintendent Community Welfare Officer Longford/Westmeath

Services Offered: If you or someone close to you is affected by illness, unemployment, retirement, old age or other circumstances which puts you in need of financial assistance, the Community Welfare Officer based in your local Health Centre will explain what entitlements are available to you and how to claim them.
Family Welfare Conference Service
(Serving Longford & Westmeath)
Top Floor
Primary Care Unit
Springfield
Mullingar
Co. Westmeath
Tel: 044 9384374
Contact: Mo Smith - Team Leader. Annie Blessington - Co-ordinator

Services Offered: The Service offers families the chance to take an active part in the making of unanimously agreed Family Plans in the best interests of their children at a Family Welfare Conference. These Conferences include birth and extended family members, key agency members and any significant others identified by the family themselves.

Social Work Services – Community Care
Health Centre,
Coosan Rd.,
Athlone
Tel: 090-6475301
Contact: Social Work Team Leader

HSE Dublin – Mid Leinster,
Child & Family Centre,
Springfield,
Mullingar
Tel: 044-9344877
Contact: Social Work Team Leader

Community Medical Service
Health Centre,
Mullingar
Tel: 044-9340221
Contact: Senior Area Medical Officer

Health Centre,
Coosan Rd.,
Athlone
Tel: 090-6475301
Contact: Senior Area Medical Officer
The overall aim of the Health Promotion Service is to enable individuals and communities to take control of their health by making healthier choices, easier choices. Such choices could include a healthy diet, regular exercise and avoidance of smoking. Healthier choices are easier to make when they are supported by healthy public policies and healthy environments.

Services Offered:
1. Substance Misuse Education
2. Schools Officer
3. Travellers Health
4. Women’s Health
5. Consumer Health Information
6. Services for Older Persons
7. Cardiovascular Health
8. Sexual Health

Midlands Crisis Pregnancy Counselling Service
HSE Dublin – Mid Leinster
Regional Child & Family Centre,
Central Office,
Arden Rd.,
Tullamore
FREEPHONE 1800 200 857
E-mail: crisispregnancy.counselling@mailq.hse.ie
Web: www.crisispregnancy.ie

This local, free, confidential counselling service is for anyone for whom being pregnant is a crisis. Crisis pregnancy is defined as “a pregnancy, which is neither
planned nor desired by the woman concerned, and which represents a personal crisis for her”. Crisis pregnancy can include those for whom a planned or desired pregnancy develops into a crisis over time due to a change in circumstances.

**Sexually Transmitted Infection Clinics**
St. James’s Hospital,
G.U.I.D.E. Clinic,
Hospital 5,
James’s St.,
Dublin 8
Tel: 01-4162315

Mater Misericordiae Hospital,
Infectious Disease Clinic,
Outpatients Dept.,
North Circular Rd.,
Dublin 7
Tel: 01-8032063

Portiuncula Hospital,
Ballinasloe,
Co Galway
Tel: 090-9648341
**Substance Misuse Education & Prevention Services**
Health Promotion Service,
HSE – Midland Area,
Gleeson St.,
Garden Vale,
Athlone
Tel: 090-6477108

**Homelessness Liaison Nurse**
Community Liaison Nurse for Homelessness (Longford/Westmeath)
Unit 17, Level 1 Business Suite
Tesco Shopping Centre
Co. Longford
Tel No: 043-36587    Fax No: 043-36571
Mobile: 086-3803395

*Services Offered:* To liaise or create a point of contact for persons identified as homeless or at risk of becoming homeless. Contact and visit homeless hostels and meet all clients when appropriate. Assess clients and develop a care plan. Refer clients to appropriate emergency or other accommodation where applicable and to appropriate agencies to deal with aspects of care e.g. social work, counselling, etc.

**Juvenile Liaison Service**
Juvenile Liaison Officer,
Garda Station,
Mullingar
Tel: 044-9348915    Fax: 044-9384083
Contact: JLO - Juvenile Liaison Officer

Aimed at young people under the age of 18 years. The purpose of the office is to prevent youth entering into the criminal justice system.

**Legal Aid Board**
Law Centre,
Northgate St.,
Athlone
Tel: 090-6474694
Web: [www.legalaidboard.ie](http://www.legalaidboard.ie)
Shannon Bank Training Centre
Weirside,
The Docks,
Athlone
Tel: 090-6492188       Fax: 090-6494497
E-mail: shanbank@iol.ie
Contact: Peter Geraghty

Money Advice & Budgeting Service – Athlone (MABS)
St. Mary’s Square,
Athlone
Tel: 090-6476616
E-mail: athlone@mabs.ie       Web: www.mabs.ie
Contact: Money Advisor
Services Offered: To help clients manage their over-indebtedness, to help families to budget their money so they do not get into debt and can enjoy a better quality of life

Money Advice & Budgeting Service – Mullingar (MABS)
Church Avenue,
Mullingar
Tel: 044-9340871       Fax: 044-9345115
E-mail: mullingar@mabs.ie       Web: www.mabs.ie
Contact: Money Advisors
Services Offered: To help clients manage their over-indebtedness, to help families to budget their money so they do not get into debt and can enjoy a better quality of life

Garda National Drugs Unit
Dublin Tel: 01-6669900
The Gardaí are actively involved in giving advice and assistance in relation to substance abuse to parents and community groups
Voluntary Organisations

**Athalone Community Mothers**
8 Connaught Street
Athlone
Co. Westmeath
Contact Name: Jenny Fletcher
Tel: 090-6444936
Email: athlonecommunitymothers@eircom.net

*Service Offered:* Home visits by experienced mothers to support parents with children aged 0-5 years. Community Mothers have an excellent knowledge of activities and services in your area and will often link parents with other support if required.

**Mental Health Ireland**
**Regional Office**
12 Henry St,
Tullamore,
Co Offaly
Contact: Ms. Finola Colgan – Regional Development Officer
Tel: 086-8353387
E-mail: finolacolgan@eircom.net  Web: www.mentalhealthireland.ie

For further information and a list of support groups in your area please contact the above.

**GROW**
**Regional Office**
O’Connor Square,
Tullamore,
Co Offaly
Info Line: 1890 474 474
E-mail: midlandregion@grow.ie  Web: www.grow.ie

Self help group for sufferers of mental illness, anxiety, depression and phobias. For further information and a list of support groups in your area please contact the above.
AWARE

Regional Office
Contact: Karl O’Reilly – Regional Development Officer
Tel: 059-8625898 Fax: 059-8625898
Helpline: 1890 303 302
E-mail: awaremidlandoffice@eircom.net Web: www.aware.ie

For further information and a list of support groups in your area please contact the above.

SAMARITANS

3 Court Devenish,
Athlone
Tel: 090-6473133
E-mail: jo@samaritans.org Web: www.samaritans.org Text: 087 2609090
Contact: Director
Services offered: Emotional Support 24 hours a day 7 days a week to anyone going through a crisis or at risk of suicide
“Don’t Get Down Get Help” Helpline 1850 60 90 90

SCHIZOPHRENIA IRELAND

55 Dublin St.,
Longford
Tel: 043-42366 Fax: 043-42367
Info Line: 1890 621 631 - 9am – 4pm Monday – Friday, Providing information support and a listening ear to all callers. Calls charged at local rate.
E-mail: mkennedy@sirl.ie Web: www.sirl.ie
Contact: Mary Kennedy – Regional Officer
Services Offered: Information Service, Helpline, Relatives Groups, Family Support Initiatives, Counselling and Employment Services, Lucia National Awareness Week, Seminars and Information Evenings and Biennial Conference.

PHRENZ GROUP IN THE MIDLANDS

Contact: Mary Kennedy,
55 Dublin St.,
Longford
Tel: 043-42366 Fax: 043-47173
Services offered: Phrenz is a mutual support group which aims to empower people with self experience of Schizophrenia and related illnesses. Activities include weekly/monthly meetings, outings, talks and linking in with other activities of Schizophrenia Ireland. It offers peer support and social activities.
Lucia Counselling Service
This is a professional, confidential service, serving the Midlands.
For people with self experience of Mental Illness and their caring relatives.

Telephone: 087-6500928 for an appointment

Alcoholics Anonymous
The General Service Board of Alcoholics Anonymous of Ireland,
109 South Circular Rd.,
Leonard’s Corner,
Dublin 8
Tel: 01-4538998 Fax: 01-4537673
E-mail: ala@indigo.ie Web: www.alcoholicsanonymous.ie
Please contact the above office for information on Alcoholics Anonymous or for a list of meeting times and places in your area.

Alateen
Supports young people who have experienced the effects of alcoholism in their lives through the excessive drinking of parents or significant others.
For further information contact: 01-8732699

Gam-Anon
Carmichael House,
North Brunswick St.,
Dublin 7
Tel: 01-8721133
E-mail: info@gamblersanonymous.ie
Gam-Anon is an organisation for families of compulsive gamblers to help them deal with their problems.

Narcotics Anonymous
24 Hour helpline: 01-8300944

Dr Steven’s Centre for the Unemployed
Lloyds Lane,
Athlone
Tel: 090-6473001 Fax: 090-6478291
E-mail: drstevenscentre@hotmail.com
Services Offered: The aim of the organisation is to provide services for the long term
unemployed in Athlone and its environs such as social welfare information, secretarial support, mediation, jobs club, computer learning centre and second-hand school book shop

**Athlone Drug Awareness Group**
C/O St. Martins Centre,
St. Vincent’s Hospital,
Athlone
Tel: 090-6474028
Contact: Frankie Keenan – Chairman
**Services Offered:** Drug awareness talks, non-alcoholic youth discos/events, dissemination of material on substance misuse

**ACCORD – Athlone**
“Alverna”, Northgate St.,
Athlone
Tel: 090-6475491 Fax: 090-6491781
E-mail: athlooneaccord@eircom.net Web: www.accord.ie
**Services Offered:** Marriage and relationship counselling, marriage preparation courses, fertility and infertility management, marital sexual therapy, enrichment course and relationship programmes for schools

**ACCORD – Mullingar**
Social Services Centre,
Bishopgate St.,
Mullingar
Tel: 044-9348707
E-mail: accordmullingar@eircom.net
**Services Offered:** Marriage counselling, pre marriage courses etc.

**Athlone (Midlands) Rape Crisis Centre**
2 Fairview, Gardenvale,
Athlone
Free phone: 1800 306 600
Athlone Citizens Information Centre
St. Mary’s Square,
Athlone
Tel: 090-6478851
E-mail: athlone.cic@comhairle.ie

**Hours of Service:**
Monday – Friday 9.30 – 1.00 & 2.00 – 5.00

**Services Offered:**
Consumer Affairs: 2nd Thurs of Month 11am – 1pm
FLAC-Legal Aid: 2nd & 4th Mon of Month 6.30pm - 8.30pm
Free Financial Advice By Appointment

Mullingar Citizens Information Centre
Market House,
Market Square,
Mullingar
Tel: 044-9340700 Fax: 044-9345642
E-mail: mullingar.cic@comhairle.ie

**Hours of Service:**
Monday – Friday 9.30 – 1.00 & 2.00 – 5.00

**Services Offered:**
Consumer Advice: 2nd Wed of Month 2pm - 4pm
FLAC-Legal Aid: 1st & Last Mon of Month 6.30pm - 8.30pm

Irish Autism Action
41 Newlands,
Mullingar,
Co Westmeath
Tel: 044-9331609 Fax: 044-9331609
E-mail: kevinaa@eircom.net

**Services:** Advocacy support to families affected by autism
Society of St. Vincent De Paul – Athlone
Regional Office:
18 O’Connell St.,
Athlone
Tel: 090-6498098    Fax: 090-6493577
E-mail: athlonesvp@indigo.ie    Web: www.svp.ie

Society of St. Vincent De Paul – Mullingar
Ozanam House,
Bishopgate St.,
Mullingar
Tel: 044-9343868    Fax: 044-9343179
E-mail: vdpmullingar@tinet.ie

New Beginnings Counselling Ltd
Baskin High,
Drumraney,
Athlone
Tel: 044-9356600
E-mail: newbeginnings@eircom.net    Web: www.newbeginnings.ie

Services Offered: Counselling, psychotherapy, group counselling, personal development training, personal effectiveness programs

Athlone Community Taskforce
Business Development Centre,
Parnell Square,
Athlone
Tel: 090-6494555

ACT is a community group offering a range of services to marginalised groups to combat social exclusion and increase employment opportunities
T.W.L. – (Transition to Working Life)
Business Development Centre,
Parnell Square,
Athlone
Tel: 090-6494555       Fax: 090-6493311
Contact: Co-ordinator
TWL is an organisation to help young people to interact with the working world in a way which enables them to make the most of their resources in finding opportunities for work. TWL is a practical project for young people aged 15 – 19 years who are unemployed or likely to be unemployed. It is a community development organisation with key services of support, advice and information particularly specialised for young people.

PALS – Parents Alone Local Support
Harmony Building,
Garden Vale,
Athlone
Tel: 090-6476646
Contact: Co-ordinator
Services Offered: Provides an outlet where lone parents can come together and share information, provides training for clients, provides a drop in centre to all independent parents offering support and information where needed.

VTOS – Vocational Training Opportunities Scheme
Burgess Chambers,
Church St.,
Athlone
Tel: 090-6475718       Fax: 090-6475718
E-mail: rmckenna@iol.ie
Contact: Co-ordinator
VTOS is a full time adult education and training course organised by Westmeath VEC.

The Open Door Men’s Centre
Parnell Square,
Athlone
Tel: 090-6498903       Fax: 090-6493311
E-mail: declanhughes@eircom.net
Contact: Declan Hughes – Co-ordinator
Athlone Community Training Centre
Lyster Square,
Athlone
Tel: 090-6492170       Fax: 090-6494107
E-mail: actw@eircom.net
Contact: Manager
Second chance education and training for young people aged between 15 & 25 years.

Athlone Community Services Council Ltd
Northgate St.,
Athlone
Tel: 090-6472174       Fax: 090-6476015
Contact: Manager
Services Offered: Aims to improve the well being of the people of Athlone. Provides Community arts projects, meals on wheels, married parent support, after school classes, youth information service, street theatre & community arts programme

Bereavement Groups

Rainbows (For All God’s Children)
St. Mary’s Youth Ministry,
Athlone
Tel: 090-6473358
Contact: Co-ordinator
Web: www.rainbowsireland.com
Services Offered: Rainbows offers to children a peer support group supervised by caring adults to help them through the loss of a parent through death or separation.

Midland Suicide Bereavement Support Service
The Suicide Resource Office,
The Old Maltings,
Coote St.,
Portlaoise,
Co Laois
Tel: 086-8157320
Hours: Mon – Fri 9.30am – 5.30pm
Contact: Co-ordinator
Foróige
Regional Office
Unit 5,
Tuar Ard.,
Church St.,
Moate,
Co Westmeath
Tel: 090-6448947
E-mail: foroigeoffaly@eircom.net Web: www.forogie.ie
Contact:– Regional Youth Officer

Foróige Clubs in Westmeath are located in: Moate, Coosan, Coole, St. Malachy’s, Castletowngeoghan, Taughman, Tyrellspass, Mount Temple, Moyvoughly, St. Loman’s, Rathowen, Rosemount.

Youth Information Centre
Gleeson St.,
Gardenvale,
Athlone
Tel: 090-6479208 Fax: 090-6477076
E-mail: yicathlone@eircom.net
Contact: Co-ordinator

Midland Regional Youth Services
Gleeson St.,
Gardenvale,
Athlone
Tel: 090-6477075 Fax: 090-6477076
E-mail: midyouth@eircom.net
Contact: Regional Director
Groups for Older People

**Castlepollard Social Service Council**
Freighmore,
Castlepollard
Tel: 044-9361193
Contact: Maureen – Co-ordinator
Provides services for elderly people and families in need.

**Kinnegad/Coralstown Social Service Council**
Kinnegad,
Mullingar
Tel: 044-9374186
Contact: Martha Foley
**Services Offered:** Social outings, chiropody & library service.

**Meals on Wheels Athlone**
Árus Brid,
Excise St.,
Athlone
Tel: 090-6494393
Contact: Co-ordinator
**Services Offered:** Supply of hot meals to elderly people in their home.
## Primary Care Services

### List of General Practitioners in Co. Offaly

<table>
<thead>
<tr>
<th>NAME</th>
<th>ADDRESS</th>
<th>PHONE NO.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. P. Brady</td>
<td>1, Boyne Meadows, Edenderry</td>
<td>0405-38333</td>
</tr>
<tr>
<td>Dr. J. Hunt</td>
<td>Kilcormac</td>
<td>057-9135031</td>
</tr>
<tr>
<td>Dr. J. Corboy</td>
<td>Church St. Clara</td>
<td>057-9331106</td>
</tr>
<tr>
<td>Dr. A. Donovan</td>
<td>Prospect Lodge, Roscrea</td>
<td>0505-22455</td>
</tr>
<tr>
<td>Dr. K. Duffy</td>
<td>Daingean</td>
<td>057-9353068</td>
</tr>
<tr>
<td>Dr. B. Emerson</td>
<td>JKL St. Edenderry</td>
<td>0405-31014</td>
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<tr>
<td>Dr. P. Fahy</td>
<td>JKL St. Edenderry</td>
<td>0405-31355</td>
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<tr>
<td>Dr. F. Fahy</td>
<td>O’Connor Sq., Tullamore</td>
<td>057-9322645</td>
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<tr>
<td>Dr. L. Gavin</td>
<td>Rhode</td>
<td>0405-37003</td>
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<tr>
<td>Dr. V. Harkins</td>
<td>Health Centre, Banagher</td>
<td>057-9151247</td>
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<tr>
<td>Dr. A. Keane</td>
<td>Harbour St., Tullamore</td>
<td>057-9351225</td>
</tr>
<tr>
<td>Dr. G. Kidney</td>
<td>St. Kyran’s St., Tullamore</td>
<td>057-9351497</td>
</tr>
<tr>
<td>Dr. B. Lee</td>
<td>3, Cormac St., Tullamore</td>
<td>057-9321060</td>
</tr>
<tr>
<td>Dr. A. Mansoor</td>
<td>Kilbeggan Bridge, Tullamore</td>
<td>057-9351004</td>
</tr>
<tr>
<td>Dr. P. McAuliffe</td>
<td>Green St., Birr</td>
<td>057-9121356</td>
</tr>
<tr>
<td>Dr. P. McGovern</td>
<td>Seffin, Birr</td>
<td>057-9120181</td>
</tr>
<tr>
<td>Dr. G. Murphy</td>
<td>Health Centre, Ferbane</td>
<td>090-6454117</td>
</tr>
<tr>
<td>Dr. D. O’Brien</td>
<td>Wilmer Rd., Birr</td>
<td>057-9120037</td>
</tr>
<tr>
<td>Dr. D. O’Hare</td>
<td>Oxmanstown Mall, Birr</td>
<td>057-9120391</td>
</tr>
<tr>
<td>Dr. J. O’Hare</td>
<td>Oxmanstown Mall, Birr</td>
<td>057-9120391</td>
</tr>
<tr>
<td>Dr. M. O’Kelly</td>
<td>Harbour St., Tullamore</td>
<td>057-9351225</td>
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<tr>
<td>Dr. J. Quinlan</td>
<td>St. Kyrans St., Tullamore</td>
<td>057-9351497</td>
</tr>
<tr>
<td>Dr. A. Quinlan</td>
<td>St. Kyran’s St., Tullamore</td>
<td>057-9351497</td>
</tr>
<tr>
<td>Dr. D. Scanlon</td>
<td>Church St., Tullamore</td>
<td>057-9321170</td>
</tr>
<tr>
<td>Dr. H. Stokes</td>
<td>Clara Rd., Tullamore</td>
<td>057-9341297</td>
</tr>
<tr>
<td>Dr. B. Scully</td>
<td>Medi-Centre, Clonminch, Tullamore</td>
<td>057-9352868</td>
</tr>
<tr>
<td>Dr. M. Twomey</td>
<td>Daingean</td>
<td>057-9353068</td>
</tr>
</tbody>
</table>
Acute Hospital Services

**Midland Regional Hospital at Tullamore**
Contact: Director of Nursing
Tel: 057-9321501

**St. Fintans Psychiatric Hospital Portlaoise**
Contact: Clinical Director:
Tel: 057-8696421

**Dept. of Psychiatry**
Midland Regional Hospital at Portlaoise
Tel: 057-8696396

Mental Health Services

Mental Health Services are delivered by a Multi-Disciplinary Team. This is where a number of professionals offer their particular skills in a co-ordinated and complementary way. The Multi-Disciplinary team is led by a Consultant Psychiatrist through hospital or community facilities. The term Multi-Disciplinary means that there are a number of professionals on the team to deliver Mental Health Services such as: Psychiatrists, Clinical Psychologists, Occupational Therapists, Addiction Counsellors, Nursing Staff and Social Workers. Under this arrangement, each team is responsible for the Mental Health Services of its sector and runs all out-patient clinics, day hospital, day care and residential facilities.

Access to Mental Health Services is normally provided by referral from the individual’s G.P. Referrals from other health professionals are also accepted.

**Tullamore Mental Health Services**
Community Mental Health Centre,
Bury Quay,
Tullamore
Tel: 057-9351019
Contact: Consultant Psychiatrist

**Birr Mental Health Services**
Community Mental Health Centre,
Wilmer Road,
Birr,
Tel: 057-9120576
Contact: Consultant Psychiatrist
Adult Mental Health Services have out-patient clinics at the following venues:

**Tullamore**
Location: Community Mental Health Centre, Bury Quay
Tel No.: 057-9351019
Day & Time: Every Thursday at 9.30am and every Tuesday at 2.00pm
Consultant: Consultant Psychiatrist

**Clara**
Location: Health Centre
Tel No.: 057-9331242
Day & Time: 3rd Thursday of every second month at 2pm
Consultant: Consultant Psychiatrist

**Edenderry**
Location: Health Centre
Tel No.: 046-9733518
Day & Time: 2nd Thursday of the month at 10am
Consultant: Consultant Psychiatrist

**Birr**
Location: Community Mental Health Centre
Tel No.: 057-9120576
Day & Time: Every Tuesday at 9.30am
Consultant: Consultant Psychiatrist

**Child & Adolescent Psychiatry Services**
Midland Regional Hospital at Portlaoise
Tel: 057-8621364
Contact: Consultant Child & Adolescent Psychiatrist

**Psychiatry for Later Life**
An Triu Aois,
Block Rd.,
Portlaoise
Tel: 057-8670245 Fax: 057-8670249
Contact: Consultant Psychiatrist
Adult Clinical Psychology Services
Community Mental Health Centre,
Bury Quay,
Tullamore
Tel: 057-9351019
Contact: Senior Clinical Psychologist

Occupational Therapy Service
Community Mental Health Centre,
Bury Quay,
Tullamore
Tel: 086-8064690
Contact: Senior Occupational Therapist

Social Work Service
Community Mental Health Centre,
Bury Quay,
Tullamore
Tel: 057-9351019
Contact: Principal Social Worker

Adult Counselling Service
Adult Counselling Service,
The Arches,
21 Church St.,
Tullamore
Tel: 057-9327141   Fax: 057-9327140
Helpline: 1800 234 113
This service caters for people who have experienced childhood sexual or physical abuse in an institution, education or family setting. Appointments are arranged with trained counsellors.
Community Alcohol & Drug Services
1 Coote St.,
Portlaoise,
Co Laois
Tel: 057-8692516       Fax: 057-8663296
Contact: Substance Misuse Counsellor

Services Offered: The addiction/alcohol counsellor specifically explores alcohol and drug related problems and looks at all aspects of the problem, physical and mental health, interpersonal relationships, employment, criminal behaviour and dependency.

Other Health & Statutory Services

Public Health Nursing Service
Health Centre,
Arden Rd.,
Tullamore
Tel: 057-9341301
Contact: Director of Public Health Nursing Laois/Offaly

<table>
<thead>
<tr>
<th>Health Centres</th>
<th>Offaly</th>
<th>Offaly</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birr</td>
<td>057-9169750</td>
<td>Edenderry</td>
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<tr>
<td>Banagher</td>
<td>057-9151124</td>
<td>Ferbane</td>
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<td>Blueball</td>
<td>057-9354044</td>
<td>Kilcormack</td>
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<tr>
<td>Bracknagh</td>
<td>057-8623479</td>
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<tr>
<td>Clara</td>
<td>057-9331242</td>
<td>Moneygal</td>
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<tr>
<td>Cloghan</td>
<td>090-6457119</td>
<td>Rhode</td>
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<tr>
<td>Cloneygowan</td>
<td>057-9343552</td>
<td>Shinrone</td>
</tr>
<tr>
<td>Daingean</td>
<td>057-9353142</td>
<td>Tullamore</td>
</tr>
</tbody>
</table>

Community Psychology Services
Tullamore:
Health Centre,
Arden Rd,
Tullamore
Tel: 057-9341301
Contact: Principal Clinical Psychologist
**Community Welfare Service**  
Community Welfare Office,  
Health Centre,  
Arden Rd.,  
Tullamore  
Tel: 057-9341301    Fax: 057-9359565  
Contact: Superintendent Community Welfare Officer Laois/Offaly  
**Services Offered:** If you or someone close to you is affected by illness, unemployment, retirement, old age or other circumstances which puts you in need of financial assistance, the Community Welfare Officer based in your local Health Centre will explain what entitlements are available to you and how to claim them.

**Social Work Services – Community Care**  
Social Work Dept.,  
Community Care Centre,  
O’Carroll St.,  
Tullamore  
Tel: 057-9322488    Fax: 057-9321136  
Contact: Principal Social Worker

**Family Welfare Conference Service**  
(Serving Offaly & Laois)  
Unit 2  
Gateway Business Park  
Kilbeggan  
Co. Westmeath  
Tel: 057-9333616  E-mail: Paul.Byrne2@mailq.hse.ie  
Contact: Paul Byrne - Co-ordinator.  
**Services Offered:** The Service offers families the chance to take an active part in the making of unanimously agreed Family Plans in the best interests of their children at a Family Welfare Conference. These Conferences include birth and extended family members, key agency members and any significant others identified by the family themselves.
Community Medical Services
Health Centre,
Arden Rd.,
Tullamore
Tel: 057-9341301
Contact: Senior Area Medical Officer

Health Promotion Services
Regional Office:
Health Promotion Dept,
Unit 4,
Central Business Park,
Clonminch,
Tullamore,
Co Offaly
Tel: 057-9357800 Fax: 057-9357823

The overall aim of the Health Promotion Service is to enable individuals and communities to take control of their health by making healthier choices, easier choices. Such choices could include a healthy diet, regular exercise and avoidance of smoking. Healthier choices are easier to make when they are supported by healthy public policies and healthy environments.

Services Offered:
1. Substance Misuse Education
1. Schools Officer
1. Travellers Health
1. Women’s Health
1. Consumer Health Information
1. Services for Older Persons
1. Cardiovascular Health
1. Sexual Health
**Midlands Crisis Pregnancy Counselling Service**
Regional Child & Family Centre,
Central Office,
Arden Rd.,
Tullamore
**FREEPHONE 1800 200 857**
E-mail: crisispregnancy.counselling@mailq.hse.ie
Web: www.crisispregnancy.ie

This local, free, confidential counselling service is for anyone for whom being pregnant is a crisis. Crisis pregnancy is defined as “a pregnancy, which is neither planned nor desired by the woman concerned, and which represents a personal crisis for her”. Crisis pregnancy can include those for whom a planned or desired pregnancy develops into a crisis over time due to a change in circumstances.

**Sexually Transmitted Infection Clinics**
St. James’s Hospital,
G.U.I.D.E. Clinic,
Hospital 5,
James’s St.,
Dublin 8
Tel: 01-4162315

Mater Misericordiae Hospital,
Infectious Disease Clinic,
Outpatients Dept.,
North Circular Rd.,
Dublin 7
Tel: 01-8032063

Portiuncula Hospital,
Ballinasloe,
Co Galway
Tel: 090-9648341
Substance Misuse Education & Prevention Services
Health Promotion Service,
HSE-Midland Area,
Unit 4, Central Business Park,
Clonminch,
Tullamore
Tel: 057-9357800 Fax: 057-9357823

Homelessness Liaison Nurse
Community Liaison Nurse for Homelessness,
HSE-Midland Area,
Arden Rd.,
Tullamore,
Co Offaly
Tel: 086-8169066
E-mail: homelessness@mailq.hse.ie

Services Offered: To liaise or create a point of contact for persons identified as homeless or at risk of becoming homeless. Contact and visit homeless hostels and meet all clients when appropriate. Assess clients and develop a care plan. Refer clients to appropriate emergency or other accommodation where applicable and to appropriate agencies to deal with aspects of care e.g. social work, counselling, etc.

Money Advice & Budgeting Service – Offaly (MABS)
High St.,
Tullamore,
Co Offaly
Tel: 057-9323211 Fax: 057-9352252
E-mail: offaly@mabs.ie Web: www.mabs.ie

Services Offered: Advice, support and advocacy to people in relation to arrears/debt, to get them back in control of their finances and provide community education to prevent debt.
**Juvenile Liaison Service**
C/O Garda Station,
Tullamore
Tel: 057-9321305
Contact: Juvenile Liaison Officer
Aimed at young people under the age of 18 years. The purpose of the office is to prevent youth entering the criminal justice system.

**Garda National Drugs Unit**
Dublin Tel: 01-6669900
The Gardai are actively involved in giving advice and assistance in relation to substance abuse to parents and community groups

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**Voluntary Organisations**

**Mental Health Ireland**
**Regional Office**
12 Henry St,
Tullamore,
Co Offaly
Contact: Ms. Finola Colgan – Regional Development Officer
Tel: 086-8353387
E-mail: finolacolgan@eircom.net  Web: www.mentalhealthireland.ie

For further information and a list of support groups in your area please contact the above.

**Accord**
St. Brigid’s Place,
Tullamore
Tel: 057-9341831  Fax: 057-9341831
Contact: Secretary
E-mail: accordtull@eircom.net  Web: www.accord.ie
**Services Offered:** Pre-Marriage Courses, Marriage & Relationship Counselling, Marriage Enrichment Courses, Marital Sex Therapy.
GROW
Regional Office
O’Connor Square,
Tullamore,
Co Offaly
Info Line: 1890 474 474
E-mail: midlandregion@grow.ie   Web: www.grow.ie

Self help group for sufferers of mental illness, anxiety, depression and phobias. For further information and a list of support groups in your area please contact the above.

Aware
Regional Office
Contact: Karl O’Reilly – Regional Development Officer
Tel: 059-8625898   Fax: 059-8625899
Helpline: 1890 303 302
E-mail: awaremidlandoffice@eircom.net   Web: www.aware.ie

For further information and a list of support groups in your area please contact the above.

Samaritans
3 Court Devenish,
Athlone
Tel: 090-6473133
E-mail: jo@samaritans.org   Web: www.samaritans.org   Text: 087 2609090
Contact: Director
Services offered: Emotional Support 24 hours a day 7 days a week to anyone going through a crisis or at risk of suicide
“Don’t Get Down Get Help” Helpline 1850 60 90 90
**Schizophrenia Ireland**
55 Dublin St.,
Longford
Tel: 043-42366 Fax: 043-42367
Info Line: 1890 621 631 - 9am – 4pm Monday – Friday, Providing information support and a listening ear to all callers. Calls charged at local rate.
E-mail: mkennedy@sirl.ie Web: www.sirl.ie
Contact: Mary Kennedy – Regional Officer

**Services Offered:** Information Service, Helpline, Relatives Groups, Family Support Initiatives, Counselling and Employment Services, Lucia National Awareness Week, Seminars and Information Evenings and Biennial Conference.

**Phrenz Group in the Midlands**
Contact: Mary Kennedy,
55 Dublin St.,
Longford
Tel: 043-42366 Fax: 043-47173

**Services Offered:** Phrenz is a mutual support group which aims to empower people with self experience of Schizophrenia and related illnesses. Activities include weekly/monthly meetings, outings, talks and linking in with other activities of Schizophrenia Ireland. It offers peer support and social activities.

**Lucia Counselling Service**
This is a professional, confidential service, Serving the Midlands.
For people with self experience of Mental Illness and their caring relatives.
Telephone: 087-6500928 for an appointment

**Alcoholics Anonymous**
The General Service Board of Alcoholics Anonymous of Ireland,
109 South Circular Rd.,
Leonard’s Corner,
Dublin 8
Tel: 01-4538998 Fax: 01-4537673
E-mail: gla@indigo.ie Web: www.alcoholicsanonymous.ie
Please contact the above office for information on Alcoholics Anonymous or for a list of meeting times and places in your area.
**Alateen**
Supports young people who have experienced the effects of alcoholism in their lives through the excessive drinking of parents or significant others.
For further information contact: 01-8732699

**Gam-Anon**
Carmichael House, 
North Brunswick St.,
Dublin 7
Tel: 01-8721133 
E-mail: [info@gamblersanonymous.ie](mailto:info@gamblersanonymous.ie)
Gam-Anon is an organisation for families of compulsive gamblers to help them deal with their problems.

**Narcotics Anonymous**
24 Hour helpline: 01-8300944

**Citizens Information Service**
The Bridge Centre, 
Tullamore 
Tel: 057-9352204 Fax: 057-9326742 
E-mail: [tullamore.cic@comhairle.ie](mailto:tullamore.cic@comhairle.ie) Web: [www.comhairle.ie](http://www.comhairle.ie)
Contact: Development Manager

**Opening Hours:**
Mon – Fri 9.15am-1.00pm & 2.00pm-4.00pm

**Services Provided at Offaly CIC**
Consumer Affairs: 1st Tues of Month 2pm -4pm

CIC give information and advice on all entitlements and rights of the citizen, it is a free confidential and independent service.
Barnardos Family Support Project
Patrick St.,
Tullamore
Tel: 057-9326803    Fax: 057-9326804
E-mail: info@tullamore.barnardos.ie    Web: www.barnardos.ie
Contact: Project Leader
Services Offered: Information, advice, group work i.e. young parents groups, after school groups, parent & toddler group, toy library service and direct/individual work service for children and families who need more one to one work.

Home-Start Tullamore
St. Mary’s Youth & Community Centre,
Harbour St.,
Tullamore
Tel: 057-9322996    Fax: 057-9322996
E-mail: tullamorehomestart@eircom.net
Contact Person: Co-ordinator
Services Offered: Home-start is a voluntary organisation offering support & friendship to families with at least 1 child under the age of 5 years.

St. Vincent De Paul
Ozanam House,
Offaly St.,
Tullamore
Tel: 057-9322072
Contact: President
Services Offered: provide fuel, food vouchers, furniture, clothes and financial help to those in need of support and assistance.

Legal Aid Board
The Law Centre,
Harbour St.,
Tullamore
Tel: 057-9351177    Fax: 057-9351544
Web: www.leagalaidboard.ie
Services Offered: Legal advice/court representation to financially eligible applicants who satisfy requirements of the legal aid act. (Particularly Family Law)
**Tullamore Sexual Abuse & Rape Crisis Counselling Service**
10A Patrick St.,
Tullamore
Tel: 057-9322500  Fax: 057-9322501
E-mail: tullamorercc@eicom.net
Contact: Co-ordinator
**Services Offered:** Face to face counselling, outreach service, telephone helpline, aftercare and general information.

For Individual Counselling FREEPHONE 1800 32 32 32

**Life – Pregnancy Care Service**
7B Cormac St.,
Tullamore
Tel: 057-9341110  Fax: 057-9341110
E-mail: lifemidlands@eircom.net  Web: www.life.ie
Contact: Co-ordinator

**Offaly Women in Crisis**
Esker House
Patrick Street
Tullamore
Co. Offaly
Tel: 057-9351886 Helpline  Fax: 057-9351796
E-mail: offalywomenincrisisltd@eircom.net
Contact: Co-ordinator
**Services Offered:** For women suffering Domestic Abuse, Support Groups, Crisis Counselling, One to One Counselling, Court/other service accompaniment, Hospital Intervention & support and Complimentary Therapy

**Brainwave – Irish Epilepsy Association**
Offaly Exhibition and Resource Centre,
Bury Quay,
Tullamore
Tel: 057-9328631  Fax: 057-9328605
E-mail: midlandbrainwave@eircom.net  www.epilepsy.ie
Contact: Community Resource Officer
Provides advice, support, awareness and advocacy for people with epilepsy and their families.
Bereavement Groups

Tullamore Bereavement Group
18 Chapel St.,
Tullamore
Tel: 057-9326604
Contact: Ring above number to make an appointment
**Services Offered:** This is a one to one listening service for people experiencing loss through bereavement.

Rainbows (For All God’s Children)
C/O Mercy Convent,
Tullamore
Tel: 057-9326855
Contact: Sr. Gerard Murphy
Web: [www.rainbowsireland.com](http://www.rainbowsireland.com)

Together Group
18 Chapel St.,
Tullamore
Tel: 057-9326604
Contact: Mary
**Services Offered:** Support to people who have lost their partner through death or separation

Midland Suicide Bereavement Support Service
The Suicide Resource Office,
The Old Maltings,
Coote St.,
Portlaoise,
Co Laois
Tel: 086-8157320
Hours: Mon – Fri 9.30am – 5.30pm
Contact: Co-ordinator
Youth Groups

Foróige
Regional Office:
Unit 5, 
Tuar Ard., 
Church St., 
Moate, 
Co Westmeath
Tel: 090-6448947
E-mail: foroigeoffaly@eircom.net Web: www.forogie.ie
Contact: Regional Youth Officer

Foróige clubs in Offaly are located in: Bracknagh, Walsh Island, Ferbane, Daingean, Clonfert, Kinnitty, Geashill, Ballycumber, Banagher, Tullamore, Rhode, Shannonbridge.

St. Mary’s Youth & Community Centre
Harbour St., 
Tullamore
Tel: 057-9322963 Fax: 057-9322388
E-mail: stmarysyc@eircom.net
Contact: Manager
Services Offered: A wide range of youth orientated services available to young people from 7 years upwards.

Groups for Older People

T.A.R.A – Tullamore Active Retirement Association
60 Pearse Park, 
Tullamore
Tel: 057-9322076
Contact: Connie Clarke
Services Offered: Weekly meetings, organised holidays, sporting activities, computer courses, exercise classes and social evenings.
**Tullamore Meals on Wheels**
Riada House,
Arden Rd.,
Tullamore
Tel: 057-9351799     Fax: 057-9346205
Contact: Sylvia Meehan

**Services Offered:** Provides hot nourishing meals for elderly people and others living alone, for those who are not able to cook meals for themselves and for those who are temporarily incapacitated.

**READY**
60 Pearse Park,
Tullamore,
Tel: 057-9322076
Contact: Connie Clarke

**Services offered:** Provides social outings for senior citizens and gives practical help where necessary in providing a consistent social life for members on a weekly basis.

**Tullamore Parish Support Service**
Parish Centre,
18 Chapel St.,
Tullamore
Tel: 057-9326604

This is a confidential phone service for people who don’t know where to turn. They are offered listening and information on a variety of services. Access to this service is through ringing the above number.
In an Emergency Phone – 999 or 112  
MIDOC – Urgent Family Doctor Out-of-Hours Service  
Call – Locall 1850-302-702  
Hours of Operation Mon – Fri 6.00pm – 8.00am  
Weekends/Public Holidays 8.00am – 8.00am

### Primary Care Services

#### List of General Practitioners in Co. Laois

<table>
<thead>
<tr>
<th>NAME</th>
<th>ADDRESS</th>
<th>PHONE NO.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. D. Booth</td>
<td>13, The Village, Portlaoise</td>
<td>057-8621110</td>
</tr>
<tr>
<td>Dr. A. Bergin</td>
<td>Patrick St., Mountmellick</td>
<td>057-8624299</td>
</tr>
<tr>
<td>Dr. P. Farrell</td>
<td>Ballylinan</td>
<td>059-8625108</td>
</tr>
<tr>
<td>Dr. S. Fitzgerald</td>
<td>Borris-in-Ossory</td>
<td>0505-41198</td>
</tr>
<tr>
<td>Dr. L. Fullam</td>
<td>Portarlington</td>
<td>057-8623333</td>
</tr>
<tr>
<td>Dr. N. Gallagher</td>
<td>Dublin St., Ballickmoyler</td>
<td>0503-47636</td>
</tr>
<tr>
<td>Dr. A. Gullane</td>
<td>Stradbally Rd., Portlaoise</td>
<td>057-8620371</td>
</tr>
<tr>
<td>Dr. A. Hanson</td>
<td>O’Moore St., Mountmellick</td>
<td>057-8624340</td>
</tr>
<tr>
<td>Dr. D. Hickey</td>
<td>Mount Leader House, Glenlahan, Portlaoise</td>
<td>057-8621834</td>
</tr>
<tr>
<td>Dr. A. Honan</td>
<td>Medi-Centre, Portarlington</td>
<td>057-8623138</td>
</tr>
<tr>
<td>Dr. D. Honan</td>
<td>86 Main St., Portlaoise</td>
<td>057-8662929</td>
</tr>
<tr>
<td>Dr. J. Lyons</td>
<td>Health Centre, Mountrath</td>
<td>057-8732203</td>
</tr>
<tr>
<td>Dr. J. Madden</td>
<td>Health Centre, Ballinakill</td>
<td>057-8731772</td>
</tr>
<tr>
<td>Dr. P. McDermott</td>
<td>Ballickmoyler, Carlow</td>
<td>0503-47636</td>
</tr>
<tr>
<td>Dr. F. McKeagney</td>
<td>Portarlington</td>
<td>057-8623183</td>
</tr>
<tr>
<td>Dr. N. O’Doherty</td>
<td>Rathdowney</td>
<td>0505-46117</td>
</tr>
<tr>
<td>Dr. P. P. O’Dwyer</td>
<td>Health Centre, Mountrath</td>
<td>057-8732203</td>
</tr>
<tr>
<td>Dr. G. McDonagh</td>
<td>Health Centre, Abbeyeleyix</td>
<td>057-8731359</td>
</tr>
<tr>
<td>Dr. D. Rabinowicz</td>
<td>Durrow</td>
<td>057-8736585</td>
</tr>
<tr>
<td>Dr. M. Sheehan</td>
<td>Clonaslee</td>
<td>057-8648170</td>
</tr>
<tr>
<td>Dr. G. White</td>
<td>Abbeyeleyix Rd., Portlaoise</td>
<td>057-8622101</td>
</tr>
<tr>
<td>Dr. N. Whelan</td>
<td>Court Square, Stradbally</td>
<td>057-8625106</td>
</tr>
<tr>
<td>Dr. J. White</td>
<td>Portarlington</td>
<td>057-8642772</td>
</tr>
</tbody>
</table>
**Mental Health Services**

Mental Health Services are delivered by a Multi-Disciplinary Team. This is where a number of professionals offer their particular skills in a co-ordinated and complementary way. The Multi-Disciplinary team is led by a Consultant Psychiatrist through hospital or community facilities. The term Multi-Disciplinary means that there are a number of professionals on the team to deliver Mental Health Services such as: Psychiatrists, Clinical Psychologists, Occupational Therapists, Addiction Counsellors, Nursing Staff and Social Workers. Under this arrangement, each team is responsible for the Mental Health Services of its sector and runs all out-patient clinics, day hospital, day care and residential facilities.

Access to Mental Health Services is normally provided by referral from the individual’s G.P. Referrals from other health professionals are also accepted.

**Portlaoise Mental Health Service**
Community Mental Health Centre,
Bridge St.,
Portlaoise
Tel: 057-8622925
Contact: Consultant Psychiatrist
Rathdowney Mental Health Services
Erkina House,
Rathdowney
Tel: 0505-46560
Contact: Consultant Psychiatrist

Adult Mental Health Services have out-patient clinics at the following venues:

Portlaoise
Location: Community Mental Health Centre, Bridge St.
Tel No.: 057-8622925
Day & Time: Every Tuesday at 2.00pm & every Thursday at 9.30am
Consultant: Consultant Psychiatrist

Portarlington
Location: Medi-Centre
Tel No.: 057-8623138
Day & Time: 3rd Wednesday of the month at 1pm
Consultant: Consultant Psychiatrist

Mountmellick
Location: Health Centre
Tel No.: 057-8624343
Day & Time: 1st and 3rd Monday of month at 2pm
Consultant: Consultant Psychiatrist

Abbeyleix
Location: Health Centre
Tel No.: 057-8731359
Day & Time: Every alternate Wednesday at 2pm
Consultant: Consultant Psychiatrist

Rathdowney
Location: Erkina House
Tel No.: 0505-46560
Day & Time: Every alternate Monday at 2pm
Consultant: Consultant Psychiatrist
Carlow
Location: Health Centre, Graiguecullen
Tel No.: 0503-43651
Day & Time: 2nd and 4th Wednesday of the month at 11am
Consultant: Consultant Psychiatrist

Child & Adolescent Psychiatric Services
Midland Regional Hospital at Portlaoise
Tel: 057-8696152
Contact: Consultant Child & Adolescent Psychiatrist

Psychiatry for Later Life
An Triu Aois Day Hospital,
Block Rd.,
Portlaoise
Tel: 057-8670245   Fax: 057-8670249
Contact: Consultant Psychiatrist

Adult Clinical Psychology Services
Community Mental Health Centre,
Bridge St.,
Portlaoise
Tel: 057-8622925
Contact: Senior Clinical Psychologist

Occupational Therapy Services
Dept. of Child & Adolescent Psychiatry,
Midland Regional Hospital at Portlaoise,
Portlaoise
Tel: 057-8696152
Contact: Senior Occupational Therapist

Psychiatry for Later Life,
An Triu Aois Day Hospital,
Block Rd.,
Portlaoise
Tel: 057-8670245
Contact: Senior Occupational Therapist
Community Mental Health Centre,
Bridge St.,
Portlaoise
Tel: 057-8622925
Contact: Senior Occupational Therapist

Social Work Service
Community Mental Health Centre,
Bridge St.,
Portlaoise
Tel: 057-8622925
Contact: Principal Social Worker

Adult Counselling Service
Adult Counselling Service,
The Arches,
21 Church St.,
Tullamore
Tel: 057-9327141 Fax: 057-9327140
Helpline: 1800 234 113
This service caters for people who have experienced childhood sexual or physical abuse in an institution, education or family setting. Appointments are arranged with trained counsellors.

Community Alcohol & Drug Services
1 Coote St.,
Portlaoise,
Co Laois
Tel: 057-8692516 Fax: 057-8663296
Contact: Substance Misuse Counsellor
Services Offered: The addiction/alcohol counsellor specifically explores alcohol and drug related problems and looks at all aspects of the problem, physical and mental health, interpersonal relationships, employment, criminal behaviour and dependency.
Other Health & Statutory Services

Public Health Nursing Service
Health Centre,
Dublin Rd.,
Portlaoise
Tel: 057-8621135
Contact: Director of Public Health Nursing Laois/Offaly

Health Centres

<table>
<thead>
<tr>
<th>Health Centre</th>
<th>Laois</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abbyleix</td>
<td>057-8731359</td>
</tr>
<tr>
<td>Ballylinan</td>
<td>059-8625108</td>
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<tr>
<td>Borris-in-Ossory</td>
<td>0505-41172</td>
</tr>
<tr>
<td>Clonaslee</td>
<td>057-8648033</td>
</tr>
<tr>
<td>Durrow</td>
<td>057-8736133</td>
</tr>
<tr>
<td>Emo</td>
<td>057-8646575</td>
</tr>
<tr>
<td>Mountmellick</td>
<td>057-8624343</td>
</tr>
<tr>
<td>Mountrath</td>
<td>057-8732422</td>
</tr>
<tr>
<td>Oakley Park</td>
<td>059-9143651</td>
</tr>
<tr>
<td>Portarlington</td>
<td>057-8623479</td>
</tr>
<tr>
<td>Portlaoise</td>
<td>057-8621135</td>
</tr>
<tr>
<td>Rathdowney</td>
<td>0505-46276</td>
</tr>
<tr>
<td>Stradbally</td>
<td>057-8625415</td>
</tr>
</tbody>
</table>

Community Psychology Services
Child & Family Resource Centre,
Dublin Rd.,
Portlaoise
Tel: 057-8692564/98
Contact: Principal Clinical Psychologist / Senior Clinical Psychologist
**Family Welfare Conference Service**
(Serving Offaly & Laois)
Unit 2
Gateway Business Park
Kilbeggan
Co. Westmeath
Tel: 057-9333616   E-mail: Paul.Byrne2@mailq.hse.ie
Contact: Paul Byrne - Co-ordinator.

**Services Offered:** The Service offers families the chance to take an active part in the making of unanimously agreed Family Plans in the best interests of their children at a Family Welfare Conference. These Conferences include birth and extended family members, key agency members and any significant others identified by the family themselves.

**Community Welfare Services**
Community Welfare Office,
Health Centre,
Dublin Rd.,
Portlaoise
Tel: 057-8621135
Contact: Superintendent Community Welfare Officer Laois/Offaly

**Services Offered:** If you or someone close to you is affected by illness, unemployment, retirement, old age or other circumstances which puts you in need of financial assistance, the Community Welfare Officer based in your local Health Centre will explain what entitlements are available to you and how to claim them.

**Social Work Services – Community Care**
Child & Family Resource Centre,
Dublin Rd.,
Portlaoise
Tel: 057-8692567/68
Contact: Principal Social Worker

**Community Medical Services**
Health Centre,
Dublin Rd.,
Portlaoise
Tel: 057-8621135
Contact: Senior Area Medical Officer
The overall aim of the Health Promotion Service is to enable individuals and communities to take control of their health by making healthier choices, easier choices. Such choices could include a healthy diet, regular exercise and avoidance of smoking. Healthier choices are easier to make when they are supported by healthy public policies and healthy environments.

Services Offered:
1. Substance Misuse Education
2. Schools Officer
3. Travellers Health
4. Women’s Health
5. Consumer Health Information
6. Services for Older Persons
7. Cardiovascular Health
8. Sexual Health

Midlands Crisis Pregnancy Counselling Service
HSE Dublin Mid - Leinster,
Regional Child & Family Centre,
Central Office,
Arden Rd.,
Tullamore
FREEPHONE 1800 200 857
E-mail: crisispregnancy.counselling@mailq.hse.ie
Web: www.crisispregnancy.ie
This local, free, confidential counselling service is for anyone for whom being pregnant is a crisis. Crisis pregnancy is defined as “a pregnancy, which is neither planned nor desired by the woman concerned, and which represents a personal crisis for her”. Crisis pregnancy can include those for whom a planned or desired pregnancy develops into a crisis over time due to a change in circumstances.

**Sexually Transmitted Infection Clinics**
St. James’s Hospital,
G.U.I.D.E. Clinic,
Hospital 5,
James’s St.,
Dublin 8
Tel: 01-4162315

Mater Misericordiae Hospital,
Infectious Disease Clinic,
Outpatients Dept.,
North Circular Rd.,
Dublin 7
Tel: 01-8032063

Portiuncula Hospital,
Ballinasloe,
Co Galway
Tel: 090-9648341

**Substance Misuse Education & Prevention Services**
Health Promotion Service,
The Old Maltings,
Coote St.,
Portlaoise
Tel: 057-8664564 Fax: 057-8664567
**Homelessness Liaison Nurse**  
Community Liaison Nurse for Homelessness,  
HSE Dublin Mid - Leinster Area,  
Arden Rd.,  
Tullamore,  
Co Offaly  
Tel: 086-8169066  
E-mail: homelessness@mailq.hse.ie  

**Services Offered:** To liaise or create a point of contact for persons identified as homeless or at risk of becoming homeless. Contact and visit homeless hostels and meet all clients when appropriate. Assess clients and develop a care plan. Refer clients to appropriate emergency or other accommodation where applicable and to appropriate agencies to deal with aspects of care e.g. social work, counselling, etc.

**Le Cheile**  
Child & Family Centre,  
Dublin Rd.,  
Portlaoise  
Tel: 057-8692567  
Contact: Manager  

Community based youth support project for 12-18 year olds referred from the Social Work Dept.

**Juvenile Liaison Service**  
C/O Garda Station,  
Portlaoise  
Tel: 057-8621105  
Contact: Juvenile Liaison Officer  
Aimed at young people under the age of 18 years. The purpose of the office is to prevent youth entering the criminal justice system.
Money Advice & Budgeting Service – Laois (MABS)
Railway Mews,
Railway St.,
Portlaoise
Tel: 057-8661727    Fax: 057-8661683
E-mail: portlaoise@mabs.ie    Web: www.mabs.ie

Services Offered: Advice, support and advocacy to people in relation to arrears/debt, to get them back in control of their finances and provide community education to prevent debt.

Garda National Drugs Unit
Dublin Tel: 01-6669900
The Gardai are actively involved in giving advice and assistance in relation to substance abuse to parents and community groups
Voluntary Organisations

**Mental Health Ireland**
Regional Office
12 Henry St,
Tullamore,
Co Offaly
Contact: Ms. Finola Colgan – Regional Development Officer
Tel: 086-8353387
E-mail: finolacolgan@eircom.net  Web: www.mentalhealthireland.ie

For further information and a list of support groups in your area please contact the above.

**GROW**
Regional Office
O’Connor Square,
Tullamore,
Co Offaly
Info Line: 1890 474 474
E-mail: midlandregion@grow.ie  Web: www.grow.ie

Self help group for sufferers of mental illness, anxiety, depression and phobias. For further information and a list of support groups in your area please contact the above.

**Aware**
Regional Office
Contact: Karl O’Reilly – Regional Development Officer
Tel: 059-8625898  Fax: 059-8625898
Helpline: 1890 303 302
E-mail: awaremidlandoffice@eircom.net  Web: www.aware.ie

For further information and a list of support groups in your area please contact the above.
Samaritans
3 Court Devenish,
Athlone
Tel: 090-6473133
E-mail: jo@samaritans.org  Web: www.samaritans.org  Text: 087 2609090
Contact: Director
Services offered: Emotional Support 24 hours a day 7 days a week to anyone going through a crisis or at risk of suicide
“Don’t Get Down Get Help” Helpline 1850 60 90 90

Schizophrenia Ireland
55 Dublin St.,
Longford
Tel: 043-42366 Fax: 043-42367
Info Line: 1890 621 631 - 9am – 4pm Monday – Friday, Providing information support and a listening ear to all callers. Calls charged at local rate.
E-mail: mkennedy@sirl.ie Web: www.sirl.ie
Contact: Mary Kennedy – Regional Officer
Services Offered: Information Service, Helpline, Relatives Groups, Family Support Initiatives, Counselling and Employment Services, Lucia National Awareness Week, Seminars and Information Evenings and Biennial Conference.

Phrenz Group in the Midlands
Contact: Mary Kennedy,
55 Dublin St.,
Longford
Tel: 043-42366 Fax: 043-47173
Services Offered: Phrenz is a mutual support group which aims to empower people with self experience of Schizophrenia and related illnesses. Activities include weekly/monthly meetings, outings, talks and linking in with other activities of Schizophrenia Ireland. It offers peer support and social activities.

Lucia Counselling Service
This is a professional, confidential service, Serving the Midlands.
For people with self experience of Mental Illness and their caring relatives.

Telephone: 087-6500928 for an appointment
**ACCORD**
New Parish Centre,  
Portlaoise  
Tel: 057-8661581  
Web: [www.accord.ie](http://www.accord.ie)

**Alcoholics Anonymous**
The General Service Board of Alcoholics Anonymous of Ireland,  
109 South Circular Rd.,  
Leonard’s Corner,  
Dublin 8  
Tel: 01-4538998  
Fax: 01-4537673  
E-mail: [ala@indigo.ie](mailto:ala@indigo.ie)  
Web: [www.alcoholicsanonymous.ie](http://www.alcoholicsanonymous.ie)  
Please contact the above office for information on Alcoholics Anonymous or for a list of meeting times and places in your area.

**Alateen**
Supports young people who have experienced the effects of alcoholism in their lives through the excessive drinking of parents or significant others.  
For further information contact: 01-8732699

**Gam-Anon**
Carmichael House,  
North Brunswick St.,  
Dublin 7  
Tel: 01-8721133  
E-mail: [info@gamblersanonymous.ie](mailto:info@gamblersanonymous.ie)  
Gam-Anon is an organisation for families of compulsive gamblers to help them deal with their problems.

**Narcotics Anonymous**
24 Hour helpline: 01-8300944
Citizens Information Service
27 Main St.,
Portlaoise
Tel: 057-8621425     Fax: 057-8662172
E-mail: laois.cic@comhairle.ie
Contact: Development Manager

Opening Hours:
Mon – Fri    9.30am-1.15pm & 2.15pm - 5.00pm

Services Provided at Portlaoise CIC
Consumer Affairs - 1st Wed of Month 2.15pm-4.30pm
FISC & FLAC by Appointment

The Carers Association
1 Kellyville Court,
Portlaoise
Tel: 057-8661112     Fax: 057-8661113
E-mail: carersportlaoise@eircom.net
Contact: Manager
Services Offered: Advocacy and lobbying, promotion and awareness, home respite, information and training for family carers in the home.

Other Branches:
Unit, 11, Town Centre Shopping Mall, Mullingar,
Co. Westmeath   Tel: 044-9347922
O’Connor Square, Tullamore, Co. Offaly   Tel: 057-9322920

Laois Cancer Support Group
Oncology Unit,
Midland Regional Hospital,
Portlaoise
Tel: 057-8621364 Bleep No. 38     Fax: 057-8678123
Contact: Clinical Nurse Specialist
**National Association for Parent Support**

17 Roselawn,
Harpurs Lane,
Portlaoise
Tel: 057-8661666    Fax: 057-8661666
E-mail: ep_naps@eircom.net
Contact: Elizabeth Quinn

**Services Offered:** Anti-Bullying Education, 24hr Helpline for Parents, Counselling, Parents Support

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**St. Vincent De Paul**

Ozanam House,
1 Dublin Rd.,
Portlaoise
Tel: 057-8660486
Contact: Co-ordinator

SVP aims to respond to the needs of those in financial and emotional distress and to combat loneliness and isolation.

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**Bereavement Groups**

**Laois Bereavement Service**

Portlaoise
Tel: 057-8660984
Contact: Ring above number to make an appointment.
Midland Suicide Bereavement Support Service
The Suicide Resource Office,
The Old Maltings,
Coote St.,
Portlaoise,
Co Laois
Tel: 086-8157320
Hours: Mon – Fri 9.30am – 5.30pm
Contact: Co-ordinator

Youth Groups

Foróige
Regional Office:
9Dean St.,
Kilkenny
Tel: 056-7765906
E-mail: foroigekilkenny@eircom.net Web: www.forog.ie
Contact: Regional Youth Officer

Laois Youthreach
Harbour St.,
Mountmellick
Tel: 057-8624196 Fax: 057-8624242
E-mail: yrlaois@eircom.net Web: www.laoisyouthreach.ie
Contact: Director
Services Offered: Education for early school leavers, second chance education for adult learners and post leaving cert courses.

Groups for Older People

Abbeyleix Social Services
New Row,
Abbeyleix
Tel: 057-8730234
Contact: Secretary
Services Offered: Meals on wheels 3 days per week, socials and an annual outing for senior citizens.
Accept: Counselling Association of Ireland
Newpark Adult Education Centre, P.O. Box 6989, Blackrock, Co Dublin
Tel: 01-2781115    Fax: 01-2781115

Access Ireland Refugee Social Integration Project
Dominick Court, 40-41 Dominick St. Lower, Dublin 7
Tel: 01-8780589    Fax: 01-8780591
E-mail: info@accessireland.ie
Web: www.accessireland.ie

Accord – Catholic Marriage Counselling Service (CMAC)
Columba Centre, Maynooth, Co Kildare
Tel: 01-5053112    Fax: 01-6016410
E-mail: admin@accord.ie
Web: www.accord.ie

ADAPT
Adapt House, Rosbrien, Limerick
Tel: 061-412354    Fax: 061-410809
E-mail: refuge@adaptservices.ie

Adopted Peoples Association
27 Templeview Green, Clare Hall, Dublin 13
Tel: 01-4624430    Fax: 01-8674033
E-mail: info@adoptionireland.com
Web: www.adoptionireland.com

Adoption Advice Service
Barnardos, Christchurch Square, Dublin 8
Tel: 01-4530355    Fax: 01-4530300
E-mail: adoption@barnardos.ie
Adoption Board
4th Floor, Shelbourne House, Shebourne Rd., Ballsbridge, Dublin 4
Tel: 01-2309300    Fax: 01-6671438
Web: www.adoptionboard.ie

Age Action Ireland Ltd.
30/31 Lower Camden St., Dublin 2
Tel: 01-4756989    Fax: 01-4750611
E-mail: info@ageaction.ie
Web: www.ageaction.ie

Age & Opportunity
St. Patricks Building, Marino Institute of Education, Griffith Avenue, Dublin 9
Tel: 01-8057709    Fax: 01-8535117
E-mail: info@olderinireland.ie
Web: www.olderinireland.ie

AIDLINK
46 Lower Rathmines Rd., Rathmines, Dublin 6
Tel: 01-4966956    Fax: 01-4963320
E-mail: info@aidlink.ie

Aim Family Services
6 D’Olier St., Dublin 2
Tel: 01-6708363    Fax: 01-6708365
E-mail: aimfamilyservices@eircom.net

Al Anon Family Groups
Al Anon Information Centre, 5/6 Capel St., Dublin 1
Tel: 01-8732699
Helpline: 01-8732699

Alateen
Al Anon Information Centre, 5/6 Capel St., Dublin 1
Tel: 01-8732699
Alcoholic Rehabilitation Centre,
Glasnevin Business Centre, 278 Glasnevin Ave, Dublin 11
Tel: 01-8641440    Fax: 01-8641441

Alcoholics Anonymous
General Service Office, 109 South Circular Rd., Leonard’s Corner, Dublin 8
Tel: 01-4538998    Fax: 01-4537673
E-mail: aa@indigo.ie
Web: www.alcoholicsanonymous.ie

Alliance Sexual Health Centre
16 Peters St., Cork
Tel: 021-4275837    Fax: 021-4274370
Helpline one to one: 021-427667, Helpline for young people by young people.
E-mail: alliance@eircom.net
Web: www.sexualhealthireland.ie

Alone
1 Willie Bermingham Place, Kilmainham, Dublin 8
Tel: 01-6791032    Fax: 01-4942784

Alzheimer Society of Ireland
Alzheimer House, 43 Northumberland Ave., Dun Laoghaire, Co Dublin
Tel: 01-2846616    Fax: 01-2846030
E-mail: info@alzheimer.ie
Web: www.alzheimer.ie

AMEN
9-10 Academy St., Navan, Co Meath
Tel Helpline: 046-9023718
E-mail: amen@irl.ie
Web: www.amen.ie

Amputee Ireland
125 Clonkeen Rd., Deansgrange, Co Dublin
Tel: 01-2893824    Fax: 01-2893239
E-mail: micmac@indigo.ie
ANA Liffey Drug Project
48 Middle Abbey St., Dublin 1
Tel: 01-8728088 Freephone: 1800 786 828
E-mail: aldp@indigo.ie

Arthritis Foundation of Ireland
1 Clanwilliam Square, Grand Canal Quay, Dublin 2
Tel: 01-6618188 Fax: 01-6618261
E-mail: info@arthritis-foundation.com

AWARE
72 Lower Leeson St., Dublin 2
Tel: 01-6617211 Fax: 01-6617217
E-mail: info@aware.ie
Web: www.aware.ie

Barnardos
Christchurch Square, Dublin 8
Tel: 01-4530355 Fax: 01-4530300
E-mail: info@barnardos.ie
Web: www.barnardos.ie

Bereavement Counselling Service
Dublin St., Baldoyle, Dublin 13
Tel: 01-8391766

Bodywhys
P.O. Box 105, Blackrock, Co Dublin
Tel: 01-2834963 Helpline: 01-2835126
E-mail: info@bodywhys.ie
Web: www.bodywhys.ie

Brainwave – Irish Epilepsy Association
249 Crumlin Rd., Dublin 12
Tel: 01-4557500 Fax: 01-4557013
Canteen Ireland
Carmichael Centre, North Brunswick St., Dublin 7
Tel: 01-8722012 Fax: 01-8735737
Web: www.canteen.ie

Campaign Against Bullying
72 Lakelands Avenue, Stillorgan, Co Dublin
Tel: 01-288976
E-mail: odonnlb@indigo.ie

The Carers Association
Prior’s Orchard, John’s Quay, Kilkenny
Tel: 056-7721424 Fax: 056-7721446
Web: www.carersireland.com

Caring for Carers Ireland
Abbey Arcade, Abbey St., Ennis Co Clare
Tel: 065-6866515 Fax: 065-6867710

Catholic Youth Care
Headquarters: Arran Quay, Dublin 7
Tel: 01-8725055 Fax: 01-8725010
E-mail: info@cyc.ie
Web: www.cyc.ie

Cherish
2 Lower Pembroke St., Dublin 2
Tel: 01-6629212 Fax: 01-6629096
E-mail: cherish@eircom.net

Combat Poverty Agency
Bridgewater Centre, Conyngham Rd., Islandbridge, Dublin 8
Tel: 01-6706746 Fax: 01-6706760
E-mail: info@cpa.ie
Web: www.cpa.ie
Comhairle
7th Floor, Hume House, Ballsbridge, Dublin 4
Tel: 01-6059000      Fax: 01-6059099
E-mail: comhairle@comhairle.ie
Web: www.comhairle.ie

Crisis Pregnancy Agency
4th Floor 89-94 Capel St., Dublin 1
Tel: 01-8146292      Fax: 01-8146282
E-mail: info@crisispregnancy.ie
Web: www.crisispregnancy.ie

Cura
Columba Centre, Maynooth, Co Kildare
Tel: 01-5053040      National Helpline: 1850 622 626
E-mail: cura@iol.ie
Web: www.cura.ie

Drug Treatment Centre Board
Trinity Court, 30/31 Pearse St., Dublin 2
Tel: 01-6488600      Fax: 01-6488700
Web: www.addictionireland.ie

Dublin Well Woman Centre
35 Lower Liffey St., Dublin 1
Tel: 01-8728051
Web: www.wellwomancentre.ie

Eating Disorder Association Ireland
Central Office P.O. Box 8114, Dublin 6
Helpline: 01-4126690
E-mail: donnaoc_200@emailfast.com

Enable Ireland
National Services, Sandymount Avenue, Dublin 4
Tel: 01-2695355      Fax: 01-2694983
**Family Mediation Centre**
Family Mediation Service, 1st Floor, St. Stephen’s Green House, Earlsfort Terrace, Dublin 2
Tel: 01-6344320 Fax: 01-6622339

**Focus Ireland**
14a Eustace St., Dublin 2
Tel: 01-6712555 Fax: 01-6796843
E-mail: info@focusireland.ie
Web: www.focusireland.ie

**Foróige**
Irish Farm Centre, Bluebell, Dublin 12
Tel: 01-4501122 Fax: 01-4501941
E-mail: foroige@eircom.net
Web: www.foroige.ie

**Gamblers Anonymous**
Carmichael House, North Brunswick St., Dublin 7
Tel: 01-8721133

**Gay & Lesbian Equality Network**
C/O Outhouse, 105 Capel St., Dublin 1
Tel: 01-8734932
Web: www.outhouse.ie

**Gay Switchboard Dublin**
Carmichael House, North Brunswick St., Dublin 7
Tel: 01-8721055
E-mail: gsd@iol.ie
Web: www.gayswitchboard.ie

**Grow**
Ormond Home, Barrack St., Kilkenny
Tel: 056-7761624 Fax: 056-7751615
E-mail: grownational@eircom.net
Homeless Agency
Parkgate Hall, 6-9 Conynghan Rd., Dublin 8
Tel 01-7036100 Fax: 01-7036170

Irish Advocacy Network
Old Rooskey Building, Rooskey, Co Monaghan
Tel: 047-38918 Fax: 047-38682

Irish Association for Counselling & Therapy
8 Cumberland St., Dun Laoghaire, Co Dublin
Tel: 01-2300061 Fax: 01-2300064
E-mail: iact@irish-counselling.ie
Web: www.irish-counselling.ie

Irish Cancer Society
5 Northumberland Rd., Dublin 4
Tel: 01-2310500 Fax: 01-2310555
Cancer Helpline: Freephone 1800 200 700
E-mail: reception@irishcancer.ie
Web: www.irishcancer.ie

Irish Stillbirth & Neonatal Death Society
Carmichael House, North Brunswick St., Dublin 7
Tel Helpline: 01-8726996

Irish Sudden Infant Death Association
Carmichael House, North Brunswick St., Dublin 7
Tel: 01-8732711 Fax: 01-8726056
Freephone Helpline: 1850 391 391

Legal Aid Board
Quay St., Cahirciveen, Co Kerry
Tel: 066-9471000
E-mail: legalaidboard@eircom.net
Web: www.legalaidboard.ie
Life Pregnancy Care Service
29-30 Dame St., Dublin 2
Tel: 01-6775282
E-mail: lifenational@eicom.net
Web: www.life.ie

Money Advice & Budgeting Service (MABS)
Department of Social Community and Family Affairs,
Tel: 01-8748444
Web: www.mabs.ie

Madd – Mothers Against Drink Driving
C/O Gretie Shields, Lambeecher, Drogheda Rd., Ballbriggan, Co Dublin
Tel: 01-8413088

MCRS – Marriage & Relationship Counselling Service
38 Upper Fitzwilliam St., Dublin 2
Tel: 01-6785256    Fax: 01-6785260
E-mail: info@mcrs.ie
Web: www.mcrs.ie

Mental Health Ireland
Mensana House, 6 Adelaide St., Dun Laoghaire, Co Dublin
Tel: 01-2841166    Fax: 01-2841736
E-mail: info@mentalhealthireland.ie
Web: www.mentalhealthireland.ie

Miscarriage Association of Ireland
Carmichael Centre, North Brunswick St., Dublin 7
Tel: 01-8735702    Fax: 01-8735737

M.O.V.E. Ireland (Men Overcoming Violence)
Carmichael Centre, North Brunswick St., Dublin 2
Tel: 01-8724357    Fax: 01-8735737
E-mail: info@moveireland.org
Web: www.moveireland.org
**Narcotics Anonymous**
4-5 Eustace St., Dublin 2
Tel: 01-6728000
E-mail: na@irland.org
Web: www.na.ireland.org

**National Association for the Mentally Handicapped of Ireland (NAMHI)**
5 Fitzwilliam Place, Dublin 2
Tel: 01-6766035 Fax: 01: 6760517
E-mail: info@namhi.ie
Web: www.namhi.ie

**National Network of Women’s Refuges & Support Services**
Elliot House, St. Mary’s Square, Athlone, Co Westmeath
Tel: 090-6479078 Fax: 090-6479090

**National Office for Victims of Abuse (N.O.V.A.)**
19 Upper Ormond Quay, Dublin 7
Tel: 01-8728482 Helpline: 1800 252 524
E-mail: nofvoa@eircom.net

**National Suicide Bereavement Support Network**
P.O. Box 1, Youghal, Co Cork
Tel: 085-7224819
E-mail: termill@eircom.net
Web: www.nsbsn.org

**National Youth Council of Ireland**
3 Montague St., Dublin 2
Tel: 01-4784122 Fax: 01-4783974
E-mail: info@nyci.ie
Web: www.youth.ie

**National Youth Federation**
20 Lower Dominick St., Dublin 1
Tel: 01-8729933 Fax: 01-8724183
E-mail: info@nyf.ie
Web: www.nyf.ie
PACT – Counselling & Support for Unplanned Pregnancy
15 Belgrave Rd., Rathmines, Dublin 6
Tel: 01-4976788  Fax: 01-4966565
E-mail: pact@eircom.net
Web: www.pact.ie

Rape Crisis Network Ireland
2nd Floor, The Halls, Quay St., Galway
Tel: 091-563676  Fax: 091-563677
Web: www.rcni.net

Parentline
Carmichael House, North Brunswick St., Dublin 7
Tel: 01-8787230  Helpline LoCall: 1890 927 277
E-mail: parentline@eircom.net
Web: www.parentline.ie

Pavee Point Travellers’ Centre
Pavee Point, 46 North Great Charles St., Dublin 1
Tel: 01-8780225  Fax: 01-8742626
E-mail: pavee@iol.ie
Web: www.paveepoint.ie

Rainbows Ireland Ltd.
National Office, Loreto Centre, Crumlin Rd., Dublin 12
Tel: 01-4734175
E-mail: rainbows@eircom.net
Web: www.rainbowsireland.com

Recovery Inc.
P.O. Box 2210, Dublin 13
Tel: 01-6260775
E-mail: dermod1@ireland.com

Refugee Information Service
27 Annamoe Terrace, North Circular Rd., Dublin 7
Tel: 01-8382740  Fax: 01-8382480
E-mail: info@ris.ie  Web: www.ris.ie
Samaritans
National Regional Office, Room 35, 112 Marlborough St., Dublin 1
Tel: 01-8781822 Helpline: 1850 60 90 90
Web: www.samaritans.ie

Schizophrenia Ireland
38 Blessington St., Dublin 7
Tel: 01-8601620 Fax: 01-8601602 Helpline: 1890 621 631
E-mail: info@sirl.ie
Web: www.sirl.ie

Society of St. Vincent De Paul
8 New Cabra Rd., Dublin 7
Tel: 01-8384164 Fax: 01-8387355
E-mail: info@svp.ie
Web: www.svp.ie

Sólás – Child Bereavement Counselling
Barnardos, Christchurch Square, Dublin 8
Tel Helpline: 01-4732110
E-mail: solas@barnardos.ie
Web: www.barnardos.ie

Turning Point
23 Crofton Rd., Dun Laoghaire, Co Dublin
Tel: 01-2807888 Fax: 01-2800643
E-mail: info@turningpoint.ie
Web: www.turningpoint.ie

Women’s Aid
Everton House, 47 Old Cabra Rd., Dublin 7
Tel: 01-8684721 Fax: 01-8684722 Helpline: 1800 341 900
E-mail: info@womensaid.ie
Web: www.womensaid.ie
<table>
<thead>
<tr>
<th>Service</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Counselling Service</td>
<td>1800 234 113</td>
</tr>
<tr>
<td>Al Anon</td>
<td>01 8732699</td>
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<tr>
<td>Alateen</td>
<td>01 8732699</td>
</tr>
<tr>
<td>Alliance Centre for Aids &amp; Sexual Health</td>
<td>021 427615</td>
</tr>
<tr>
<td>Alzheimer Society of Ireland</td>
<td>1800 341 341</td>
</tr>
<tr>
<td>Amen (Violence Against Men)</td>
<td>046 23718</td>
</tr>
<tr>
<td>Aware</td>
<td>01 6766166</td>
</tr>
<tr>
<td>Bodywhys</td>
<td>01 2835126</td>
</tr>
<tr>
<td>Cancer Helpline</td>
<td>1800 200 700</td>
</tr>
<tr>
<td>Carers Association Helpline</td>
<td>1800 240 724</td>
</tr>
<tr>
<td>Childline</td>
<td>1800 666 666</td>
</tr>
<tr>
<td>Crisis Pregnancy Counselling Service</td>
<td>1800 200 857</td>
</tr>
<tr>
<td>Cura Helpline</td>
<td>1850 622 626</td>
</tr>
<tr>
<td>Domestic Violence</td>
<td>1800 444 944</td>
</tr>
<tr>
<td>Gay Switchboard</td>
<td>01 8721055</td>
</tr>
<tr>
<td>Homeless Persons Unit</td>
<td>1800 724 724</td>
</tr>
<tr>
<td>Irish Sudden Infant Death Ass.</td>
<td>1850 391 391</td>
</tr>
<tr>
<td>Life Pregnancy Care Service</td>
<td>1850 281 281</td>
</tr>
<tr>
<td>MOVE (Men Overcoming Violence)</td>
<td>01 8724357</td>
</tr>
<tr>
<td>N.O.V.A. (National Office for Victims of Abuse)</td>
<td>1800 252 524</td>
</tr>
<tr>
<td>Narcotics Anonymous</td>
<td>01 8300944 ext. 486</td>
</tr>
<tr>
<td>National Pregnancy Helpline</td>
<td>1850 495 051</td>
</tr>
<tr>
<td>National Suicide Bereavement Support</td>
<td>085-7224819</td>
</tr>
<tr>
<td>P.A.C.T Pregnancy Counselling Service</td>
<td>1850 673 333</td>
</tr>
<tr>
<td>Parentline</td>
<td>01 8733500</td>
</tr>
<tr>
<td>Parents’ Support (Gay &amp; Lesbian)</td>
<td>01 8721055</td>
</tr>
<tr>
<td>Parkinsons Association</td>
<td>1800 359 359</td>
</tr>
<tr>
<td>Rape Crisis Helpline</td>
<td>1800 323 232</td>
</tr>
<tr>
<td>Samaritans - Don’t Get Down Get Help</td>
<td>1850 60 90 90</td>
</tr>
<tr>
<td>Schizophrenia Ireland</td>
<td>1890 621 631</td>
</tr>
<tr>
<td>Senior Helpline</td>
<td>1850 440 444</td>
</tr>
<tr>
<td>Smoking Quitline</td>
<td>1850 201 203</td>
</tr>
<tr>
<td>Womens Aid</td>
<td>1800 341 900</td>
</tr>
</tbody>
</table>
Useful Resources - Suicide

Friends of the Suicide Bereaved
P.O. Box 162, 
Cork
Tel: 021-294318

Irish Association of Suicidology
16 New Antrim St.,
Castlebar,
Co Mayo
Tel: 094-9250858 Fax: 094-9250859
Web: www.ias.ie

National Suicide Bereavement Support Network
P.O. Box 1,
Youghal,
Co Cork
Tel: 085-7224819
E-mail: info@nsbsn.org Web: www.nsbsn.org

National Suicide Research Foundation
1 Perrott Avenue,
College Rd.,
Co Cork
Tel: 021-4277499 Fax: 021-4277545
E-mail: nsrf@iol.ie Web: www.nsrf.ie

National Suicide Review Group
HSE Western Area,
1st Floor, West City Centre
Seamus Quirke Road
Galway
Tel: 091 548424
E-mail: info@nsrg.ie Web: www.nsrg.ie

Suicide Resource Officer HSE-Midland Area
Ms. Rita Kelly,
Suicide Resource Officer,
The Old Maltings,
Coote St.,
Portlaoise,
Co Laois
Tel: 057-8664513 Fax: 057-8664567
E-mail: ritam.kelly@mailq.hse.ie
## Useful Websites

<table>
<thead>
<tr>
<th>Website</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://www.afsp.org">www.afsp.org</a></td>
<td>American Foundation for Suicide Prevention</td>
</tr>
<tr>
<td><a href="http://www.cso.ie">www.cso.ie</a></td>
<td>Central Statistics Office</td>
</tr>
<tr>
<td><a href="http://www.ias.ie">www.ias.ie</a></td>
<td>Irish Association of Suicidology</td>
</tr>
<tr>
<td><a href="http://www.3ts.ie">www.3ts.ie</a></td>
<td>Turning the Tide of Suicide</td>
</tr>
<tr>
<td><a href="http://www.mentalhealthireland.ie">www.mentalhealthireland.ie</a></td>
<td>Mental Health Ireland</td>
</tr>
<tr>
<td><a href="http://www.nbsbn.org">www.nbsbn.org</a></td>
<td>National Suicide Bereavement Support Network</td>
</tr>
<tr>
<td><a href="http://www.nsrg.ie">www.nsrg.ie</a></td>
<td>National Suicide Review Group</td>
</tr>
<tr>
<td><a href="http://www.nsrf.ie">www.nsrf.ie</a></td>
<td>National Suicide Research Foundation</td>
</tr>
<tr>
<td><a href="http://www.samaritans.org">www.samaritans.org</a></td>
<td>The Samaritans UK and Ireland</td>
</tr>
<tr>
<td><a href="http://www.suicideinfo.ca">www.suicideinfo.ca</a></td>
<td>Suicide Information &amp; Education Centre Canada</td>
</tr>
<tr>
<td><a href="http://www.suicidology.org">www.suicidology.org</a></td>
<td>American Association of Suicidology</td>
</tr>
<tr>
<td><a href="http://www.survivingsuicide.com">www.survivingsuicide.com</a></td>
<td>Surviving Suicide Website</td>
</tr>
<tr>
<td><a href="http://www.ukc.uni-hamburg.de/ens/">www.ukc.uni-hamburg.de/ens/</a></td>
<td>European Network for Suicidology</td>
</tr>
<tr>
<td><a href="http://www.wfmh.com">www.wfmh.com</a></td>
<td>World Federation of Mental Health</td>
</tr>
<tr>
<td><a href="http://www.who.int/whosis/statistics">www.who.int/whosis/statistics</a></td>
<td>World Health Organisation – Data</td>
</tr>
<tr>
<td><a href="http://www.mind.org.uk">www.mind.org.uk</a></td>
<td>Mind, National Association for Mental Health</td>
</tr>
<tr>
<td><a href="http://www.rcpsych.ac.uk">www.rcpsych.ac.uk</a></td>
<td>Royal College of Psychiatrists’</td>
</tr>
<tr>
<td><a href="http://www.mentalhealth.org.uk">www.mentalhealth.org.uk</a></td>
<td>The Mental Health Foundation</td>
</tr>
<tr>
<td><a href="http://www.scmh.org.uk">www.scmh.org.uk</a></td>
<td>Sainsbury Centre for Mental Health</td>
</tr>
<tr>
<td><a href="http://www.nimh.nih.gov">www.nimh.nih.gov</a></td>
<td>National Institute of Mental Health</td>
</tr>
<tr>
<td>Fiction</td>
<td>Fact</td>
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<tr>
<td>------------------------------------------------------------------------</td>
<td>----------------------------------------------------------------------</td>
</tr>
<tr>
<td>People who talk about it don’t die by suicide.</td>
<td>Most people who kill themselves have given definite warnings of their intention.</td>
</tr>
<tr>
<td>Suicidal people are absolutely intent upon dying.</td>
<td>Most suicidal people are ambivalent about living or dying; they gamble with death but may retain the desire to live</td>
</tr>
<tr>
<td>Suicide happens without warning.</td>
<td>Suicidal people often give indicators of thoughts (sometimes before the thoughts become intentions) by words or actions.</td>
</tr>
<tr>
<td>Once a person becomes suicidal he/she is suicidal forever.</td>
<td>Suicidal thoughts may return, but they are not permanent and, in some people they may never return.</td>
</tr>
<tr>
<td>After a crisis, improvement means that the suicide risk is over.</td>
<td>Many suicides occur in a “period of improvement” when the person has energy and the will to turn despairing thoughts into self-destructive action.</td>
</tr>
<tr>
<td>Suicide occurs mainly among the rich/the poor.</td>
<td>Suicide occurs in all groups in society.</td>
</tr>
<tr>
<td>Suicidal behaviour is a sign of mental illness.</td>
<td>Suicidal behaviour indicates deep unhappiness but not necessarily mental illness.</td>
</tr>
<tr>
<td>You are either the suicidal type or you’re not.</td>
<td>It could happen to anybody.</td>
</tr>
</tbody>
</table>
### Signs of Suicidal Intent

**SUICIDE RISK IS GREATER WHERE THERE IS:**

1. Recent loss or the break-up of a close relationship
2. Current or anticipated unhappy change in health or circumstances, e.g. retirement or financial problems
3. Painful and/or disabling physical illness
4. Heavy use of, or dependency on, alcohol/other drugs
5. History or earlier suicidal behaviour
6. History of suicide in the family
7. Depression

**PEOPLE OFTEN SHOW THEIR SUICIDAL FEELINGS BY:**

1. Being withdrawn and unable to relate
2. Having definite ideas of how to commit suicide and maybe speaking of tidying up affairs, or giving other indications of planning suicide
3. Talking about feeling isolated and lonely
4. Expressing feelings of failure, uselessness, hopelessness or loss of self-esteem
5. Constantly dwelling on problems for which there seem to be no solutions
6. Expressing the lack of supporting philosophy of life, such as a religious belief

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Applied Suicide Intervention skills Training - A.S.I.S.T. is a first aid suicide intervention training for anyone who may come in contact with those at risk of suicide.  
**Available through the Suicide Resource Office.**  
**Tel:** 057-8664513